

**University of Iowa  
Iowa Invitational  
Men's and Women's Track and Field Meet**

**Date:** Friday, February 15, 2013 at 4 p.m.  
Field events will begin at 4 p.m. and running events will begin at 5:15 p.m.

**Place:** Recreation Building  
University of Iowa  
Iowa City, IA

**Participating Teams:**

**IOWA**

**Drake**

**Central College**

**Simpson College**

**Western Illinois**

**Entry Procedure:** Please refer to the tentative events time schedule attached. There will be a squad limit of 32 per team. Entry limits: Four per event in the long jump and triple jump:

*Unattached athletes by approval only; must contact Scott Cappos at scott-cappos@uiowa.edu by 6 p.m. Tuesday, the week of the meet. You will not be entered until you are confirmed via email.*

“B” teams will be permitted in relay events.

Registration for this year's Iowa Invitational will take place via the Internet at [www.directathletics.com](http://www.directathletics.com). Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 12 p.m. Wednesday, February 13th

**Entry Fee:** \$200 per team (per gender) or \$20 per athlete for partial team (9 or fewer athletes)

**Meeting:** **Head Coaches Meeting at 3:00 p.m.**

**Check In:** Meet information, competitors' numbers and heat sheets will be in the team packet. Team packets can be picked up at 2:00 p.m. at the score table.

**Meet Conduct:** NCAA rules will be followed.

**Blocks:** Blocks will be furnished and may be held by teammates to keep from slipping.

**Scoring:** Meet will not be scored.

**Surfaces & Spikes:** 200 meter track surface is MondoSuperX. Athletes are required to wear ¼” spikes or less. **All spikes will be inspected.** Jump runways are of the same material. The throwing circle is wood.

**Track Inspection/Practice:** Track is open for inspection and practice from 2:00 p.m.-3:30 p.m. on Friday.

**Dressing/Showering Facilities:** Dressing and shower facilities will be available at the meet site in the men’s and women’s locker rooms located in the lower level of the Recreation Building. You will need to bring your own towels.

**Athletic Training Facilities:** Athletic trainers and training facilities will be available to all teams throughout the duration of the meet. Training room will be open at 2:00 p.m. and is located in the lower level of the Recreation Building.

**Housing:** Please make your housing arrangements soon if you have not already done so. A Iowa City/Coralville visitor’s guide is enclosed to aide with any travel plans.

**Additional Information:** If you have any further questions, please contact: Coach Scott Cappos at (319) 471-8292.

**Iowa Open  
INDOOR TRACK AND FIELD  
February 15, 2013  
Schedule**

**Field Events:**

|                  |              |          |
|------------------|--------------|----------|
| <b>4:00 p.m.</b> | Long Jump    | m then w |
|                  | Weight Throw | w then m |
|                  | Pole Vault   | w then m |
| <b>5:30 p.m.</b> | High Jump    | m then w |
|                  | Triple Jump  | m then w |
|                  | Shot Put     | w then m |

**Running times listed are approximate:**

|                  |                 |         |     |
|------------------|-----------------|---------|-----|
| <b>4:30 p.m.</b> | National Anthem |         |     |
| <b>4:35</b>      | 60m Hurdles     | Prelims | m/w |
| <b>4:50</b>      | 60m             | Prelims | w/m |

**ALL FINALS WOMEN THEN MEN  
ROLLING TIME SCHEDULE STARTING AT 5:15 p.m.**

|             |                   |
|-------------|-------------------|
| <b>5:15</b> | Mile              |
| <b>5:40</b> | 60m Hurdles FINAL |
| <b>5:50</b> | 60m FINAL         |
| <b>6:00</b> | Herky Kids Race   |
| <b>6:10</b> | 400m              |
| <b>6:25</b> | 600m              |
| <b>6:40</b> | 800m              |
| <b>6:55</b> | 200m              |
| <b>7:20</b> | 3,000m            |
| <b>7:45</b> | 4x400m Relay      |