

University of Iowa
Musco Twilight XIII
Men's and Women's Track and Field Meet



Date: Saturday, April 21, 2012

Place: Cretzmeyer Track and Field Complex
University of Iowa
Iowa City, IA

Participating Teams: Drake, Loyola-Chicago, UNI, Minnesota, Wisconsin and Iowa
CLOSED TO ALL OTHER TEAMS AND OPEN ATHLETES.

*Elite open athletes by approval only; must contact
Scott Cappos at scott-cappos@uiowa.edu by 12 p.m. Tuesday, April 17th.
ELITE UNATTACHED ENTRIES ONLY, UNATTACHED ENTRIES WILL NOT
BE ALLOWED WITHOUT APPROVAL.*

Entry Procedure: Please refer to the tentative events time schedule attached.
There will be a visiting team squad limit of 34 per team.
“B” teams will be permitted in the 4x400m relay event.

Registration for this year's Iowa Invitational will take place via the Internet at www.directathletics.com. Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 12 p.m. Tuesday, April 17th.

Time Schedule: 1:30 p.m. on the track, 2:30 p.m. B sections and field events, 5:00 p.m.
track finals (final time schedule will be emailed before the event)

Check In: Meet information, competitors' numbers, competitors' wristband and heat sheets will be in the team packet. **All scratches will be between 1:00 and 1:30 p.m. when you pick up your packet on the day of the meet.**

Implement Weigh In: at the track and field shed by the hammer: Saturday from 11:30-1:00 p.m.
ALL IMPLEMENTS MUST BE WEIGHED IN BY 1:00 P.M.

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: 400 meter poured track surface. Athletes are required to wear ¼” pyramids spikes or less. **All spikes will be inspected.** Javelin and Jump runways are of the same material. The throwing circles are concrete.

Track Inspection/Practice: Track is open for inspection and practice after 4 PM on Friday.

Team Parking: Parking will be available at the Hall of Fame located just south of the Cretzmeyer Track by turning left onto Mormon Trek. The Hall of Fame will be on your right.

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 and two hours prior to competition.

Housing: Please make your housing arrangements soon if you have not already done so. www.iowacitycoralville.org.

Additional Information: If you have any further questions, please contact Coach Scott Cappos at (319) 335-9392.

COACHES’ INSTRUCTIONS

Competitors must wear their numbers on the front, except for pole vault. Athletes must wear hip numbers on their left hip. They must pick up hip numbers at the clerk’s tent when they check-in for their event.

When they have finished competing, they must retain their credential to re-enter any sites of competition or team areas. Security will not permit any person who lacks a credential into team areas or event sites

Calls for events will be as follows:

- 1st call – 15 minutes before event
- Final call – 5 minutes before event

Only athletes competing in on-going field events will be permitted on the infield of the track. Coaches please stay off the infield.

Check-in for all running events is at the clerk of course tent located at the start of the 100m dash in the northwest corner of the track. Check-in for field events takes place at the event site.

Please turn relay cards in to the announcer's table at least 30 minutes prior to the event.

MUSCO TWILIGHT XI TRACK AND FIELD MEET
SATURDAY, April 23, 2011

SCHEDULE OF EVENTS

Field Events:

- 2:00 p.m. Discus Men seeded, Men open, (Women seeded, Women open)
Long Jump Men (Women to follow)
Hammer Women seeded, Women open, (Men seeded, Men open)
High Jump Women (Men to follow)
- 4:00 p.m. Pole Vault Women (Men to follow)
Triple Jump Men (Women to follow)-after women's long jump
- 6:00 p.m. Shot Put Women (after women's discus)
- 7:00 p.m. Javelin Men
- 7:30 pm. Shot Put Men
- 8:00 p.m. Javelin Women

PRELIMS/ B SECTIONS (tentative)

- 3:00 p.m. 400m
3:20 p.m. 800m
3:40 p.m. 400m Hurdles
3:00 p.m. 1,500m
4:30 p.m. 200m
- 5:00 p.m. 110/100m Hurdles Prelims (men then women)
5:15 p.m. 100m Prelims (men then women)
5:45 p.m. Opening Ceremonies/National Anthem/Senior Acknowledgements

Running Events (women then men) SECTIONS PER GENDER

- | | | |
|-----------|------------------|-----------|
| 6:00 p.m. | 4x100m | 1 |
| 6:15 p.m. | Kids races | 1 |
| 6:30 p.m. | 3,000m Steeple | 1 |
| 6:55 p.m. | 100/110m Hurdles | 1 |
| 7:05 p.m. | 400m | 2 |
| 7:25 p.m. | 100m | 1 |
| 7:35 p.m. | 800m | 2 |
| 7:55 p.m. | 400m Hurdles | 2 |
| 8:15 p.m. | 1,500m | 1 |
| 8:30 p.m. | 200m | 2 |
| 8:50 p.m. | 3,000m Women | 1 |
| 9:15 p.m. | 4x400m Relay | as needed |
| 9:30 p.m. | 5,000m Men | 1 |