

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



Date: Saturday, April 23, 2011

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

Participating Teams: Drake, Iowa State, Illinois (men), Minnesota, UNI, Wisconsin, Western Illinois, 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 19th.
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 noon, Wednesday, April 20th.**

Entry Fee: \$300 per team (per gender) or \$30 per athlete for partial team (9 or fewer athletes)

Time Schedule: 3:30 p.m. B sections on the track and field events, 6 p.m. track finals
(final time schedule will be attached to this email)
Coaches meeting at 2:15 p.m.

Check In: Meet information, competitors' numbers and heat sheets will be in the team packet. **All scratches will be between 1:30 and 2:00 p.m. when you pick up your packet on the day of the meet.**

Implement Weigh In: at the track shed: Saturday from 12:00-1:30 p.m.

ALL IMPLEMENTS MUST BE WEIGHED IN BY 1:30 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**. Javelin Spikes may be ¾”. **All spikes will be inspected at the Clerk’s Tent. Athletes will initially report to the Clerk’s Tent for spike check on the NW side of track before being permitted to enter.** Javelin and Jump runways are of the same material. The throwing circles are concrete. **Spike Inspection sheet attached.**

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

Pole Vault: Athletes are allowed on runway 1hr prior to start of pole vault

Long, Triple, and High Jumps: Athletes are allowed on runway 45 minutes prior

Team Parking: Buses will drop teams off west of the Cretzmeyer Track in the gravel lot near the softball field. After drop off, buses will be directed to park in the Hall of Fame lot. See attached map.

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. Please contact us in advance if shower facilities are needed.

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.

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. Pole Vault coaching box will be designated for one coach.

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.

SPIKES

The only spike pin allowed for our Track facility is the 1/4" pyramid spike. You can order this from MF Athletics (800-693-6052), Item #463A 1/4" Pyramid Spikes. ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

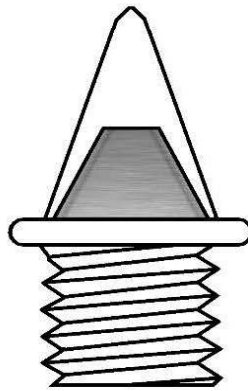
Spike checks will be available beginning 2 hours prior to the first running event in the Clerk's area. Spikes must be checked prior to being granted access into the warm-up areas or the track itself. Once checked, shoes will be tagged as approved and the tag must stay on the shoe throughout competition.

NOT ALLOWED:

- The Omni-Lite 1/4" spike. This spike measures longer than the Pyramid Spike we allow.
- Needle spikes
- Christmas Tree spikes
- Permanent spike shoes



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

** 3/8" spikes will be allowed for javelin and high jump competitors.

TAPE

Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified.

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

SCHEDULE OF EVENTS

Field Events:

2:00 p.m. Discus Men seeded, Men open, (Women to follow)
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)

5:00 p.m. Triple Jump Men (Women to follow)-after women's long jump

6:30 p.m. Javelin Men
Shot Put Women

8:00 p.m. Javelin Women
Shot Put Men

B SECTIONS (tentative)

section listed on sheet

3:30 p.m. 400m section 3
3:45 p.m. 800m (women) section 3
4:00 p.m. 200m section 3-women sections 4, 5 men
4:15 p.m. 1500m section 2 women-section 3 men

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 2
7:05 p.m. 400m 2
7:25 p.m. 100m 1 women-2 men
7:35 p.m. 800m 2
7:55 p.m. 400m Hurdles 2
8:15 p.m. 200m 2 women-3 men
8:35 p.m. 1,500m 1 women-2 men
8:50 p.m. 3,000m Women 1
9:15 p.m. 4x400m Relay 1 women-2 men
9:30 p.m. 5,000m Men 1