

**FIGHT FOR**  
**IOWA™**

**UNIVERSITY OF IOWA**  
**CROSS COUNTRY**  
**VISITING TEAM MANUAL**

**HAWKEYE**  
**INVITATIONAL**

**SEPTEMBER 6 2019**



**TABLE OF CONTENTS**

Entry Procedures ..... 3  
 Facility // Course Policies ..... 3  
 Media // Results ..... 3  
 Medical Services ..... 3  
 Packets ..... 3  
 Practice ..... 3  
 Shower Facilities ..... 3

**AREA INFORMATION**  
 Directions to Ashton Cross Country Course ..... 4  
 Course Diagrams (4K & 6K Routes) ..... 5  
 Facility // Compound Diagram ..... 6

**FORM TO SUBMIT**  
 Team Travel Form ..... 7

**PERSONNEL**

<u>Event Management</u>	<u>Office</u>	<u>Cell</u>	<u>Email</u>
Shawn Koenigsberg, Event Manager	319-335-9439	319-231-0707	<a href="mailto:shawn-koenigsberg@uiowa.edu">shawn-koenigsberg@uiowa.edu</a>
<b><u>Coaching Staff</u></b>			
Joey Woody, Director	319-335-9421	319-330-3753	<a href="mailto:joey-woody@uiowa.edu">joey-woody@uiowa.edu</a>
Randy Hasenbank, Head XC Coach	319-335-9259	319-430-6334	<a href="mailto:randy-hasenbank@uiowa.edu">randy-hasenbank@uiowa.edu</a>
Kate Wakenight, Director of Operations	319-335-9254	319-331-7955	<a href="mailto:kathryn-wakenight@uiowa.edu">kathryn-wakenight@uiowa.edu</a>
<b><u>Media / Communications</u></b>			
Chris Brewer, Assistant Director	319-335-9467	319-325-3483	<a href="mailto:christopher-brewer@uiowa.edu">christopher-brewer@uiowa.edu</a>
<b><u>Sports Medicine</u></b>			
Doug West, Athletic Trainer	319-335-9504	319-530-5173	<a href="mailto:douglas-west@uiowa.edu">douglas-west@uiowa.edu</a>
<b><u>Wayzata Results / Timing</u></b>			
Josh Gerber, Owner/Event Ops Director		612-849-0713	<a href="mailto:josh@wayzataresults.com">josh@wayzataresults.com</a>
<b><u>Emergency Contacts</u></b>			
Iowa City Police	319-356-5275		
Johnson County Sherriff	319-356-6020		
University Police	319-335-5022		

**MEET SCHEDULE**

**FRIDAY, SEPTEMBER 6**

- 2:00 p.m. Course opens for warm-ups / inspection
- 5:45 p.m. Women called to start
- 5:55 p.m. National Anthem
- 6:00 p.m. Women’s 4K Race**
- 6:30 p.m. Men called to start
- 6:45 p.m. Men’s 6K Race**



## **ENTRY PROCEDURES**

Registration for the meet will take place at [www.directathletics.com](http://www.directathletics.com). **Deadline for registration is 12:00 p.m. (CT) Tuesday, September 3.** There will be no entry fee. Meet is open to non-collegiate competitors; contact Kate Wakenight at [kathryn-wakenight@uiowa.edu](mailto:kathryn-wakenight@uiowa.edu) prior to entry deadline for approval.

## **FACILITY // COURSE POLICIES**

The following items are not allowed on the Ashton Cross Country Course.

- Alcoholic beverages
- Bicycles
- Golf balls
- Noisemakers or any disruptive devices
- Tobacco of any kind (*including e-cigarettes*)
- Unauthorized vehicles
- Weapons of any kind

Service dogs/animals must be on a leash at all times and owners must clean up after their pet immediately.

## **MEDIA // RESULTS**

Meet results will be available on [www.hawkeyesports.com/hawkeyeinvitational](http://www.hawkeyesports.com/hawkeyeinvitational). Complete results are available for pick-up at the Athletic Communications tent after each race (*see diagram on page 6*). Results will also be emailed to each team's Head Coach after the meet. Please contact Chris Brewer at (319) 335-9411 with any questions prior to your arrival.

- **INTERVIEWS:** Coaches and student-athletes are asked to make themselves available to the media at appropriate times. The NCAA post-competition interview format will be used as follows: *Immediately after a ten (10) minute cooling off period both teams' coaches and student-athletes will be available for all certified members of the news media.*
- **PROTESTS:** Protests should be made no later than **15 minutes** after the results have been officially posted. Any such protest must be made in writing by the head coach and submitted to the referee, who will render a decision. The decision is final and without appeal.
- **SCORING:** This meet will be scored. Timing mats will be placed at the men's 3K and the women's 2K to record splits.

## **MEDICAL SERVICES**

An Athletic Training tent will be available near the finish line beginning at 4:00 p.m. An ambulance will arrive one (1) hour prior to the start of the first race. For questions regarding available medical personnel and supplies, please contact Doug West at (319) 530-5173. *For more information, please refer to the visitor's letter on [www.hawkeyesports.com](http://www.hawkeyesports.com), under the "Fans" tab.*

## **PACKETS**

Coaches may pick-up team packets at the operations tent (see diagram on page 6) upon arrival. This packet will contain the competitor bibs and timing chips.

## **PRACTICE**

The course is open for inspection and warm-ups after 2:00 p.m. on Friday, September 6. Please indicate team's estimated arrival time on the "Team Travel Form" (*page 7*).

## **SHOWER FACILITIES**

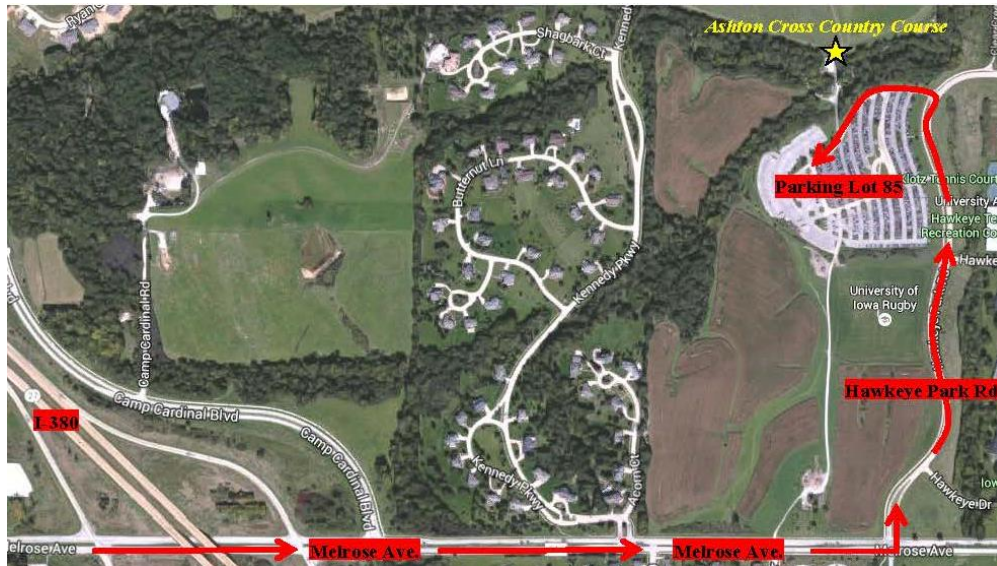
Shower facilities will be available at the Hawkeye Tennis and Recreation Complex (HTRC). The HTRC is located about 0.5 mile south of the course ([2820 Prairie Meadow Dr., Iowa City, IA 52246](http://www.hawkeyesports.com)). If interested in utilizing the shower facilities, please indicate the request on the "Team Travel Form" (*page 7*).





### ***DIRECTIONS TO ASHTON CROSS COUNTRY COURSE***

**From Interstate 380:** Take Exit 93 (Melrose Avenue). Turn onto Melrose Avenue (left from south bound, right from north bound). At the corner of Melrose Avenue and Hawkeye Park Road, take a left onto Hawkeye Park Road and continue going straight until you reach the Hawkeye Commuter Parking Lot (Lot 85) on your left. Take the second left into the parking lot. Spectator and team parking will be available in the Hawkeye Commuter Parking Lot (Lot 85).



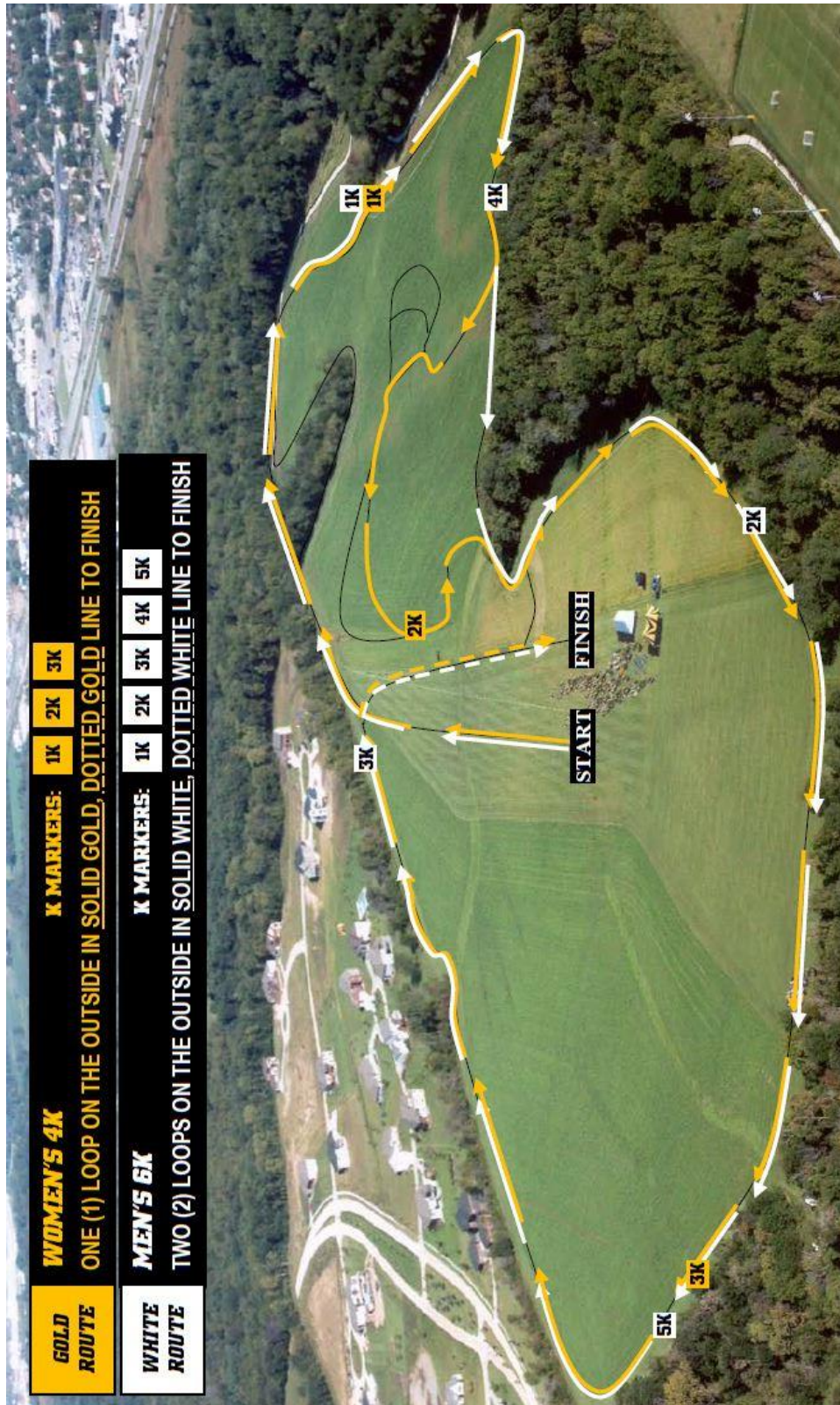
**From Interstate 80:** Take Exit 242 (First Avenue). Turn onto First Avenue (right from east bound, left from west bound). Follow First Avenue, going south, through the Highway 6/ Second Street and First Avenue intersection. First Avenue turns into Mormon Trek Boulevard after the intersection. Continue on Mormon Trek Boulevard for about 0.4 miles. Turn right onto Hawkeye Park Road and continue going straight until you reach the Hawkeye Commuter Parking Lot (Lot 85) on your right. Spectator and team parking will be available in the Hawkeye Commuter Parking Lot (Lot 85).





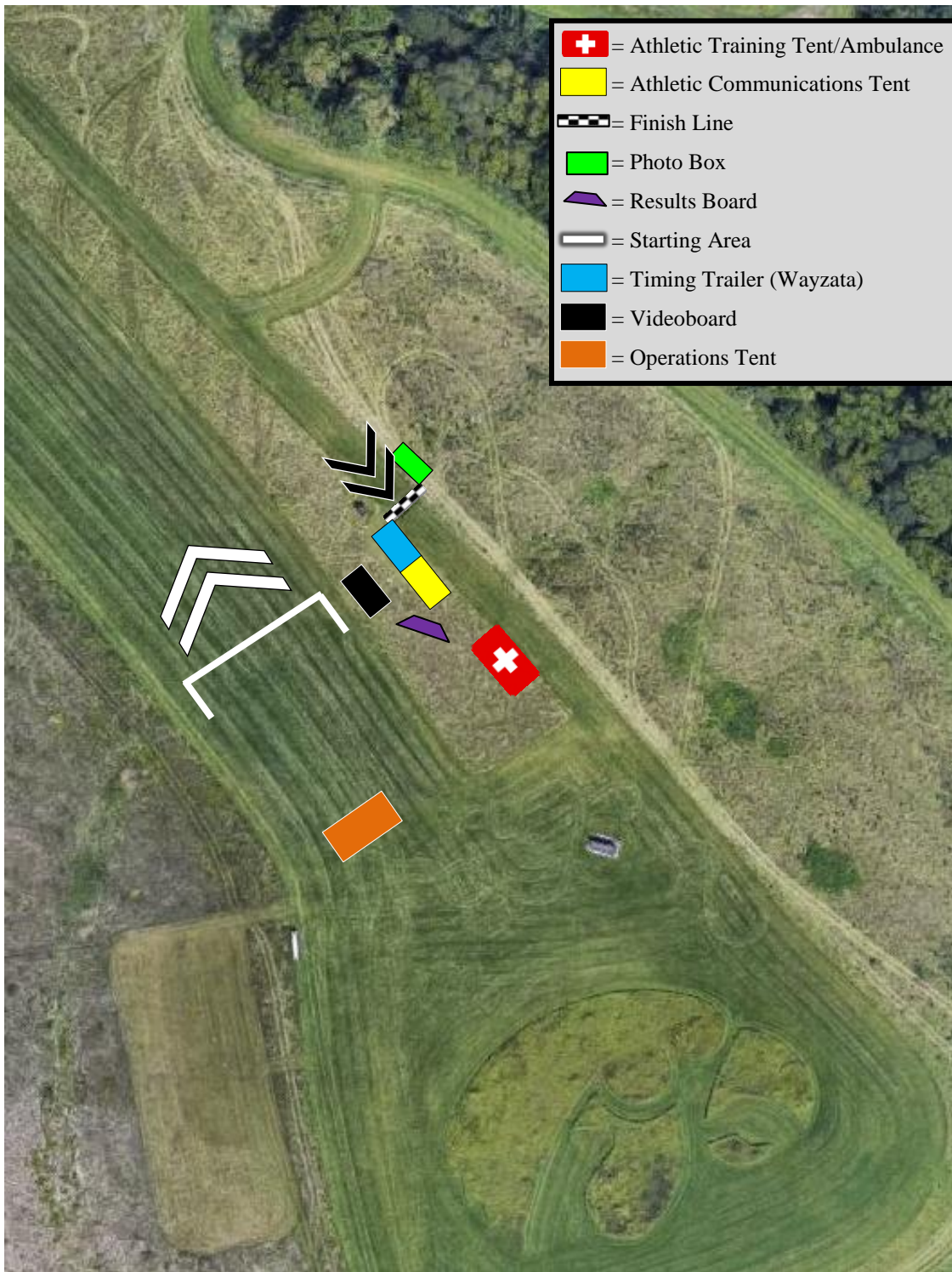


**COURSE DIAGRAMS (4K & 6K ROUTES)**





**FACILITY // COMPOUND DIAGRAM**







**TEAM TRAVEL FORM**

INSTITUTION: \_\_\_\_\_

GENDER: \_\_\_\_\_

**ON-SITE CONTACT:**

Name/Title: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**PERSON TO RECEIVE COMPLETED RESULTS:**

*\*Individual will receive results post-meet via email.*

Name/Title: \_\_\_\_\_

Email: \_\_\_\_\_

**ACCOMMODATIONS:**

Hotel/City: \_\_\_\_\_

Date: \_\_\_\_\_ Check-in: \_\_\_\_\_

**GROUND TRANSPORTATION (ON-SITE):**

# of Buses: \_\_\_\_\_ # of Vans: \_\_\_\_\_

Bus Company: \_\_\_\_\_

Driver Cell Phone: \_\_\_\_\_

**SHOWER FACILITIES (POST-MEET):**

*\*Shower facilities will be shared with other institutions.*

Time: \_\_\_\_\_

**# Towels Requested:**

Female #: \_\_\_\_\_ Male #: \_\_\_\_\_

**POST-MEET MEAL VENDER:**

Vender: \_\_\_\_\_

Time: \_\_\_\_\_

**Team Contact (who to contact when arrive):**

Name/Title: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**MEET DAY TEAM ARRIVAL:**

Time (practice): \_\_\_\_\_

Time (meet): \_\_\_\_\_

**OFFICIAL TRAVEL PARTY:**

Head Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Director of Ops.: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_

SID/Media: \_\_\_\_\_

Photographer: \_\_\_\_\_

Other (Please Specify): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please complete and return prior to 5:00 PM (CT) on **Tuesday, September 3** to:

Shawn Koenigsberg, Event Manager

Email: [shawn-koenigsberg@uiowa.edu](mailto:shawn-koenigsberg@uiowa.edu)