



# **FIGHT FOR IOWA™**

## **TRACK & FIELD**

# **UNIVERSITY OF IOWA**

## **TEAM GUIDE**

# **HAWKEYE INVITATIONAL**

**JANUARY 10-11 2020**



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**CONTACT INFORMATION****EVENT MANAGEMENT**

	<b><u>OFFICE</u></b>	<b><u>CELL</u></b>	<b><u>EMAIL</u></b>
Shawn Koenigsberg, Event Manager	319-335-9439	319-231-0707	<a href="mailto:shawn-koenigsberg@uiowa.edu">shawn-koenigsberg@uiowa.edu</a>

**IOWA COACHING STAFF**

Joey Woody, Director/ Head Coach	319-335-9257	319-330-3753	<a href="mailto:joey-woody@uiowa.edu">joey-woody@uiowa.edu</a>
Clive Roberts, Associate Head Coach	319-335-9257	319-530-7583	<a href="mailto:clive-roberts@uiowa.edu">clive-roberts@uiowa.edu</a>
Randy Hasenbank, Assoc. Head XC Coach	319-335-9259	205-310-1534	<a href="mailto:randy-hasenbank@uiowa.edu">randy-hasenbank@uiowa.edu</a>
Paige Knodle, Assistant/ Multis	319-335-9253	319-335-9253	<a href="mailto:paige-knodle@uiowa.edu">paige-knodle@uiowa.edu</a>
Jason Wakenight, Assistant/ Recruiting	319-335-9257	630-362-0810	<a href="mailto:jason-wakenight@uiowa.edu">jason-wakenight@uiowa.edu</a>
Eric Werskey, Assistant / Throws	319-384-4124	319-930-6654	<a href="mailto:eric-werskey@uiowa.edu">eric-werskey@uiowa.edu</a>
Kate Wakenight, Director of Operations	319-334-1625	319-331-7955	<a href="mailto:kathryn-wakenight@uiowa.edu">kathryn-wakenight@uiowa.edu</a>

**MEDIA**

Chris Brewer, Assistant Director	319-335-9411	319-325-3483	<a href="mailto:christopher-brewer@uiowa.edu">christopher-brewer@uiowa.edu</a>
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**MEDICAL**

Doug West, Track & Field Athletic Trainer	319-335-9504	319-530-5173	<a href="mailto:douglas-west@uiowa.edu">douglas-west@uiowa.edu</a>
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**WAYZATA RESULTS // TIMING**

Josh Gerber, Wayzata Events Ops Director		612-849-0713	<a href="mailto:josh@wayzataresults.com">josh@wayzataresults.com</a>
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### **ATHLETE REGISTRATION**

Registration for the meet will take place at [directathletics.com](http://directathletics.com). Deadline for registration is 5:00 p.m. (CT) Tuesday, January 7. There is no entry fee. Open to non-collegiate competitors; contact Kate Wakenight ([kathryn-wakenight@uiowa.edu](mailto:kathryn-wakenight@uiowa.edu)) prior to entry deadline for approval.

### **COACHES' MEETING**

The coaches' meeting will take place at 9:00 a.m. on Saturday in the northeast corner of the track facility, near the 'Clerking Area' (see pg. 6). We ask that a representative from each team be present at that time.

### **EVENT CHECK-IN // STAGING**

**FIELD EVENTS:** High Jump, Shot Put and Pole Vault competitors are to complete warm-ups at the event site.

Horizontal Jumps competitors are to warm-up inside the Indoor Football Practice Facility (IPF). When called, competitors will report to the 'Staging Area' inside the IPF and wait to be escorted over to the track facility (see pg. 7). The first flight of the Long Jump will be escorted over to the track facility at 11:45 a.m. as the pits will open for the first flight at 12:00 p.m.

**RUNNING EVENTS:** Competitors are to report to the 'Clerking Area' in the northeast corner of the track between 15 (minimum) to 30 minutes before event to receive hip numbers (see pg. 6). At this time, student-athletes are to only bring their warm-up apparel, spikes and water bottle over to the track facility. Large backpacks and non warm-up gear are to be left behind in the team camp. Competitors will be able to complete a ~15 minute final warm-up on the east side of the track. Heats will be assigned a staging area in sequential order ~five (5) minutes prior to race. At that time, competitors are to report to their assigned heat staging area (see pg. 6). All warm-up apparel must be off and placed in a tub prior to stepping onto the track. Heats will be escorted individually onto the track for each race. After each race, competitors must exit the track on the southwest side and head to the 'Athlete Checkout' area to pick-up apparel (see pg. 6).

- **60M // 60M HURDLES // 200M:** Competitors entered in the 60m/hurdles and 200m are able to complete warm-ups on the track infield about 30 minutes prior to event. *Specific times are listed on the schedule of events.* Large backpacks and non warm-up gear are to be left behind in the team camp inside the Indoor Football Practice Facility. Heats and lane assignments will be confirmed ~15 minutes before event. When announced, competitors in these three events are to report back to the 'Clerking Area' to receive hip numbers. Competitors are to exit the track and stage with their heat in the northeast corner of the track facility five (5) minutes before their event.

### **HOSPITALITY**

**COACHES' HOSPITALITY:** Complimentary hospitality for all coaches will be available on the south balcony, inside the track facility (see pg. 6). Coaches must have their wristband on to access the hospitality area.

**STUDENT-ATHLETE HOSPITALITY:** An area designated for student-athlete hospitality will be in the Jacobson Building (see pg. 8). Each team is responsible for providing their own team meal. Food vendors are to drop-off team meals at the team entrance (see pg. 9). Food vendors must be listed on the "Team Travel Form" (pg. 11) and escorted to the team's hospitality room by team staff.

### **IMPLEMENT INSPECTION**

Implements must be inspected prior to competition on Saturday. An official will be available for inspection 90 minutes prior to the start of each throwing event at the event site location.

### **MEDIA // RESULTS**

Results will be available on [hawkeyesports.com](http://hawkeyesports.com). Live scoring will also be available on [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Following the meet, complete results will be available at the timing booth on the south balcony (see pg. 6). To receive results electronically, please contact Chris Brewer at 319-335-9411.





## **MEDICAL SERVICES**

An area designated for medical care will be in both the north side of the track and inside the warm-up facility (*see pgs. 6 and 7*). Athletic Training will be available on Saturday, beginning two (2) hours before competition. An ambulance will arrive one (1) hour prior to competition. If medical care is needed prior to Friday, or if there are any questions, please contact Doug West at 319-530-5173. Please refer to the visitor's letter on [hawkeyesports.com](http://hawkeyesports.com), under the "Fans" tab.

## **PACKET PICK-UP**

Coaches may check-in and pick-up packets upon arrival inside the team entrance located on the east side of the Jacobson Building (*see pg. 9*). Proper wristbands and parking passes will be included inside the team packets. Please include team's anticipated arrival time for each day on the "Team Travel Form" (*pg. 11*).

## **PRACTICE**

The Indoor Track Facility is open for practice from 5:00 p.m. to 7:00 p.m. on Friday. Please include team's transportation plan for practice on the "Team Travel Form" (*pg. 11*) and then refer to the parking section below.

## **RELAY CARDS**

Relay cards are to be turned in at least 30 minutes prior to the start of the race. Completed cards may be dropped off at either the 'Clerking Area' or to the timing booth (*see pg. 6*). Relay card copies will be included inside team packets.

## **SPIKE CHECK // RESTRICTIONS**

Competitors are allowed to wear Christmas tree, pyramid, or Omni-Light spike pins that are no longer than ¼" (6.4mm). Pyramid spike pins that are no longer than 3/8" are allowed for the High Jump events. Needle spikes are NOT allowed. Spikes are allowed on the rubber warm-up lanes inside the warm-up facility but not allowed on the turf. All spikes must be checked and tagged. Inspection will be available from **10:30 a.m. to 3:30 p.m.** inside the warm-up facility (*see pg. 7*). Spike check for field events will place at the event site.

## **TEAM DROP-OFF // ENTRANCE**

The team loading zone is located on the east side of the track facility, off of Lot 43N Dr. (*see pg. 9*). **Team vehicles must pull into the reserved parking stalls and off of the street**, please do not drop-off on the street. Teams are to enter the Jacobson Building through the loading dock glass doors (*see pg. 9*).

**POLE VAULT EQUIPMENT:** For team's convenience, a separate entrance on the southeast corner of the track facility will be available for individuals carrying Pole Vault equipment to access the track (*see pg. 9*). This entrance will be available during Friday's practice and on Saturday from 8:00 a.m. until 9:30 a.m. due to Shot Put's set-up.

## **TEAM PARKING**

The loading zone is only for team vehicles actively unloading or loading. Once unloaded, vehicles are to leave the loading zone and park in designated locations listed below. To receive proper parking passes, please include team's transportation plan on the "Team Travel Form" (*pg. 11*).

**TEAM BUSES:** Buses are to park out at the Hall of Fame Parking Lot (Lot 71) (*see pg. 10*). To access Lot 71 from the team loading zone, head south on Lot 43N Dr., toward Kinnick Stadium. Turn right onto Evashevski Dr. and then right onto Melrose Ave. At the third stoplight, turn right onto Mormon Trek Blvd. Take the next left onto Prairie Meadow Dr. and Lot 71 will be on the left. **GPS ADDRESS:** [Lot 71, Iowa City, Iowa 52246](#).

**TEAM PASSENGER VEHICLES:** Passenger vehicles are to park within Lot 43, directly east and south of the track facility (*see pg. 9*). **There is a home Men's Basketball game on Friday at 6:00 p.m.** With that said, the entrance to the parking lot surrounding the track facility will be monitored and cashiered starting at 4:00 p.m. **A specific parking pass will be provided to the teams who have indicated that they will be practicing from 5:00 p.m. to 7:00 p.m. inside the Indoor Track Facility on Friday on the "Team Travel Form" (pg. 11).**

**WEIGHT THROW FACILITY PARKING:** Passenger vehicle parking is available in the Student Lot, east of the Hawkeye Tennis and Recreation Complex (*see pg. 10*). A specific parking permit will be required. Please indicate team's transportation plan on the "Team Travel Form" (*pg. 11*). Team buses are to park in Lot 71 (*see pg. 10*).



**WARM-UP AREAS // TEAM CAMPS**

All team camps and warm-up areas will be located in the Indoor Football Practice Facility (IPF) on Saturday, beginning at 8:00 a.m. (*see pg. 7*). All warm-ups must be done inside the IPF. Entrance to the IPF is located outside the northwest doors of the track facility (*see pg. 9*). Wristbands are required for entry into the IPF. Only small snack items are allowed (i.e. granola bars) in the warm-up facility and teams are expected to pick-up after themselves. Meals or deliveries will not be allowed and must be directed to the specific team hospitality room in the Jacobson Building (*see pg. 8*). Bleachers will be available in the northwest corner of the indoor track for non-competing student-athletes and team staff. We ask that teams stay out of the spectator seating areas during the meet as space is limited (*see pg. 6*).

**WEIGHT THROW COMPETITION**

The Weight Throw competition will be held at the Hawkeye Tennis and Recreation Complex (HTRC) on Friday (*see pg. 10*). Implement inspection will be available at the HTRC starting 90 minutes prior to the start of the event. To receive proper parking passes for the HTRC, please include team's transportation plan on the "Team Travel Form" (*pg. 11*). **GPS ADDRESS:** [\*2820 Prairie Meadow Drive, Iowa City, Iowa, 52242\*](#)

**WRISTBANDS**

Student-athletes will be provided yellow wristbands and team staff will receive lime green wristbands. Wristbands must be worn at all times to gain access to the indoor track, warm-up facility and hospitality areas. Please indicate the quantity of wristbands needed for both student-athletes and team staff on the "Team Travel Form" (*pg. 11*).

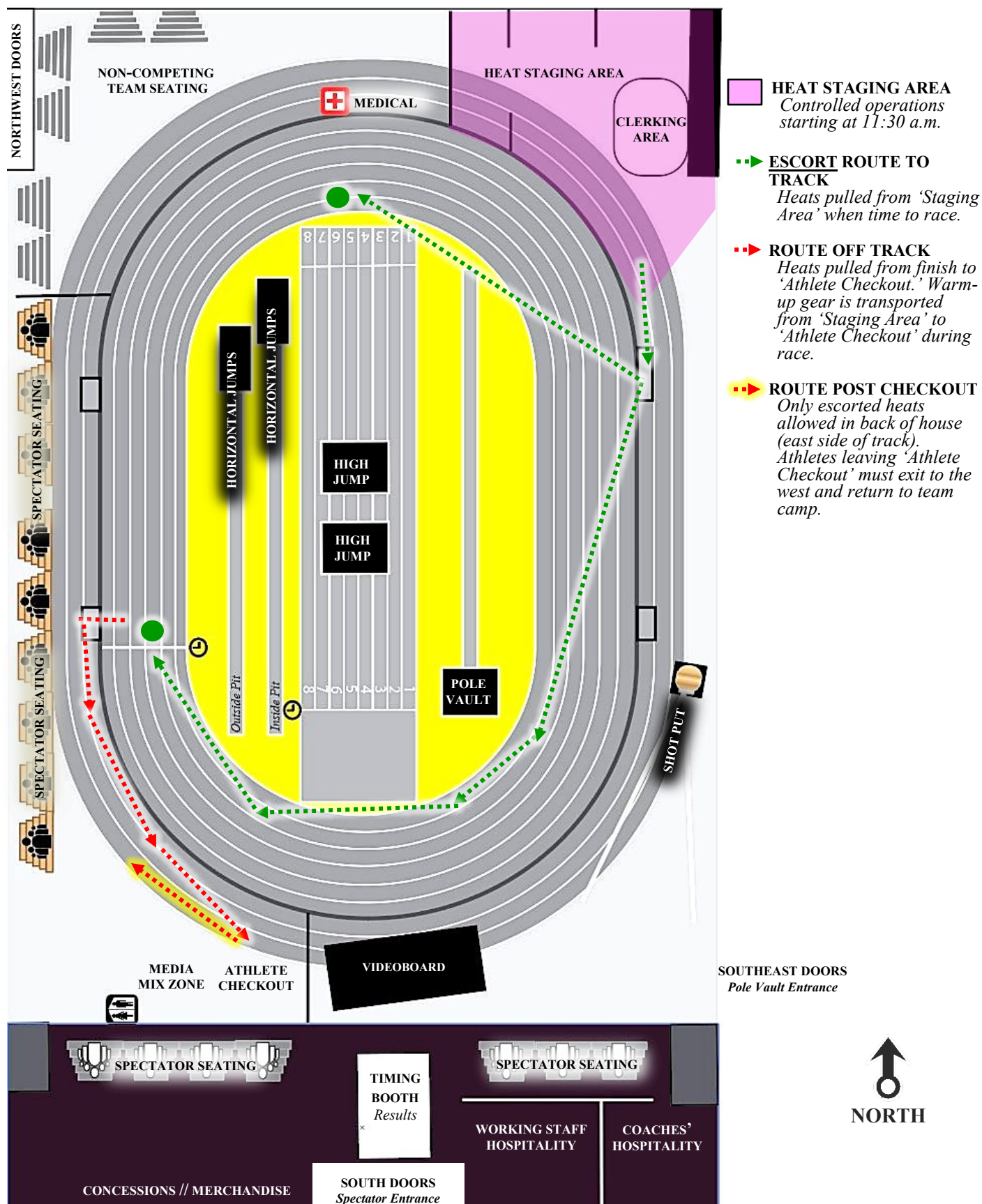
**COACHES AND TEAM STAFF:** Coaches are permitted to access the infield to work with their student-athlete(s), if desired. For the safety of the student-athletes and to optimize the space available for warm-ups, we ask that coaches and team staff stay off of the track surface when not actively coaching or inside one of the designated coaches' boxes during the corresponding event (*see pg. 6*).





### INDOOR TRACK FACILITY

#### SET-UP // STAGING PROCESS



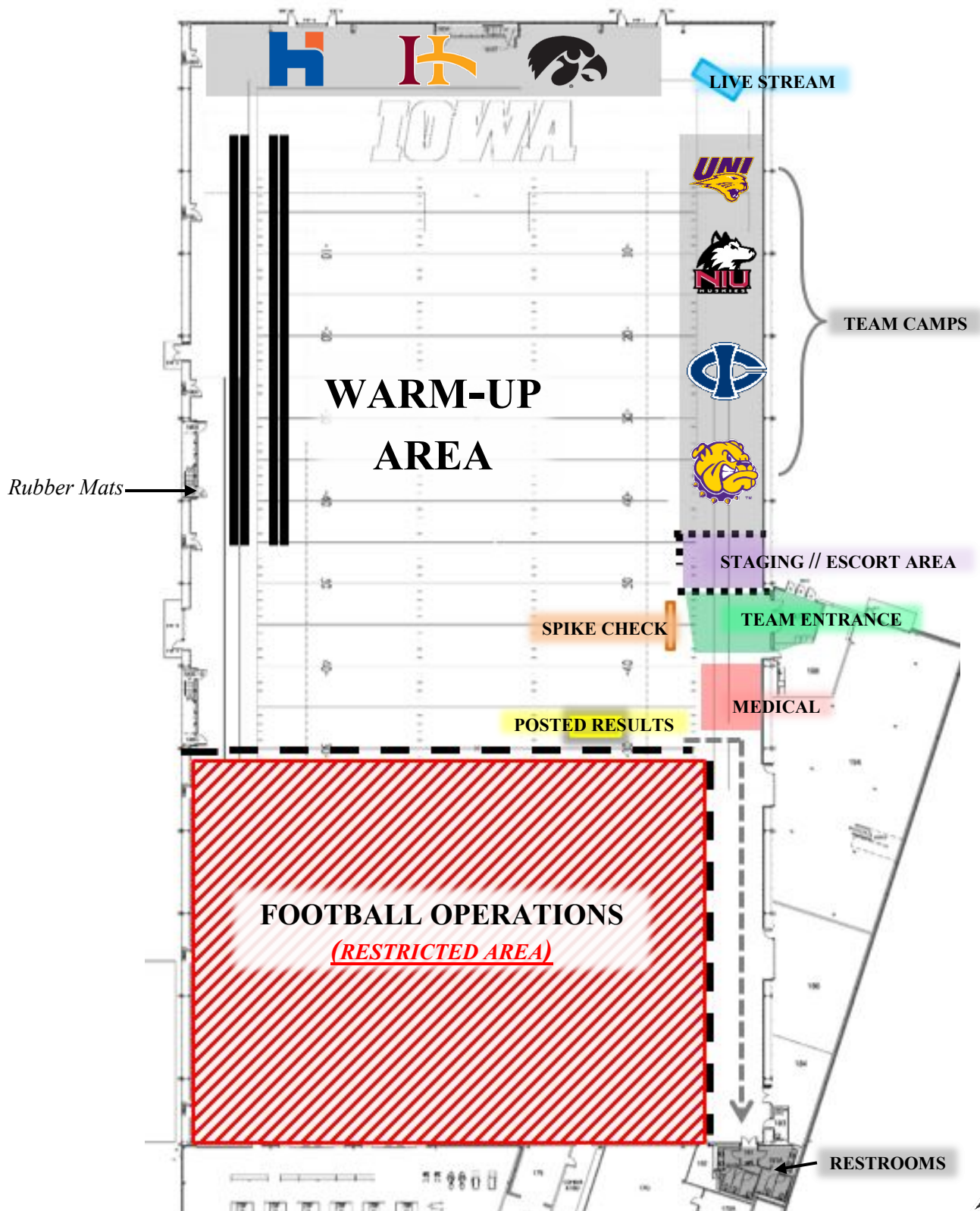
NORTH





**INDOOR FOOTBALL PRACTICE FACILITY (IPF)**

**TEAM CAMPS // WARM-UP AREA**



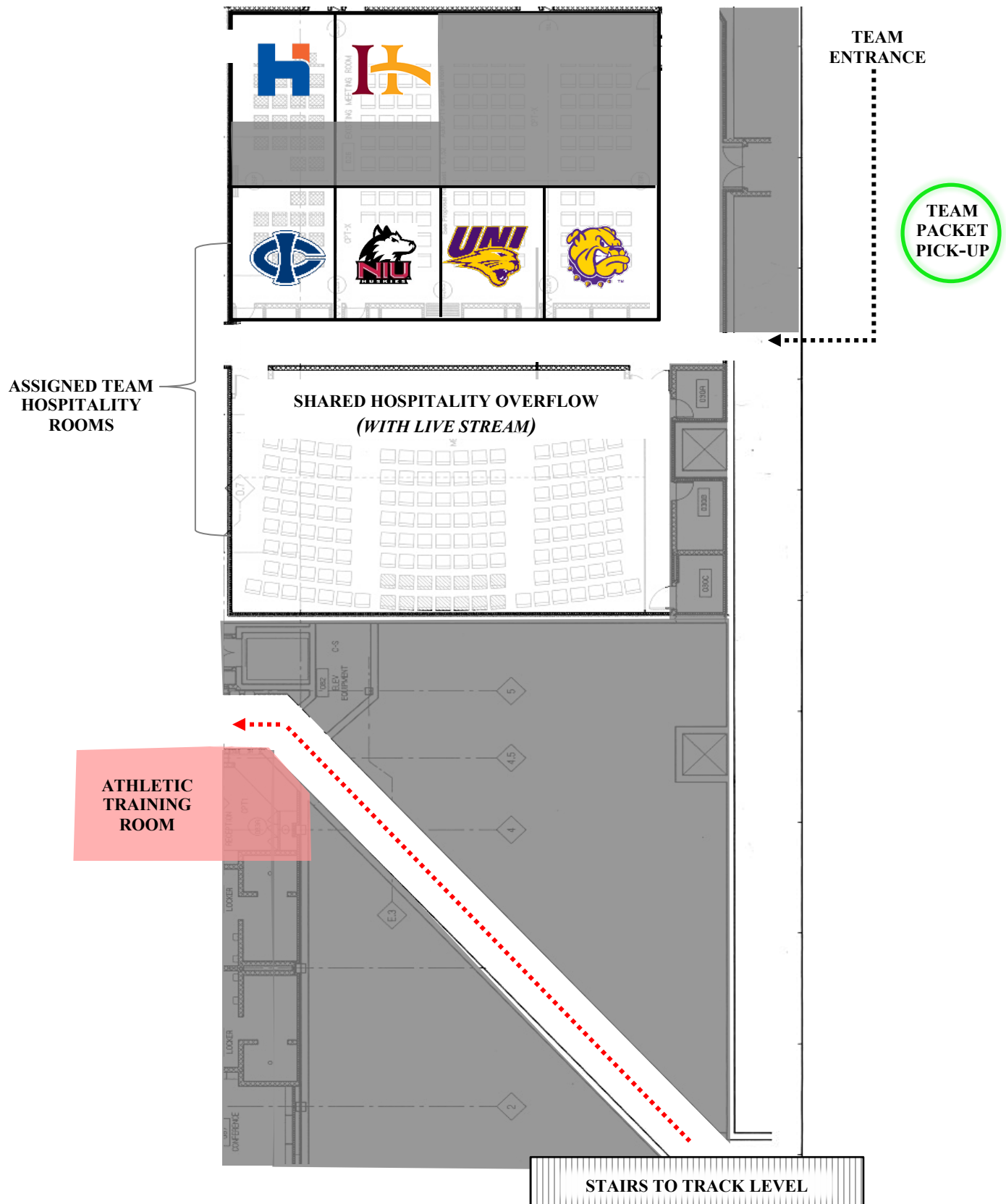
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### JACOBSON BUILDING – LOWER LEVEL

TEAM ENTRANCE // HOSPITALITY ROOMS

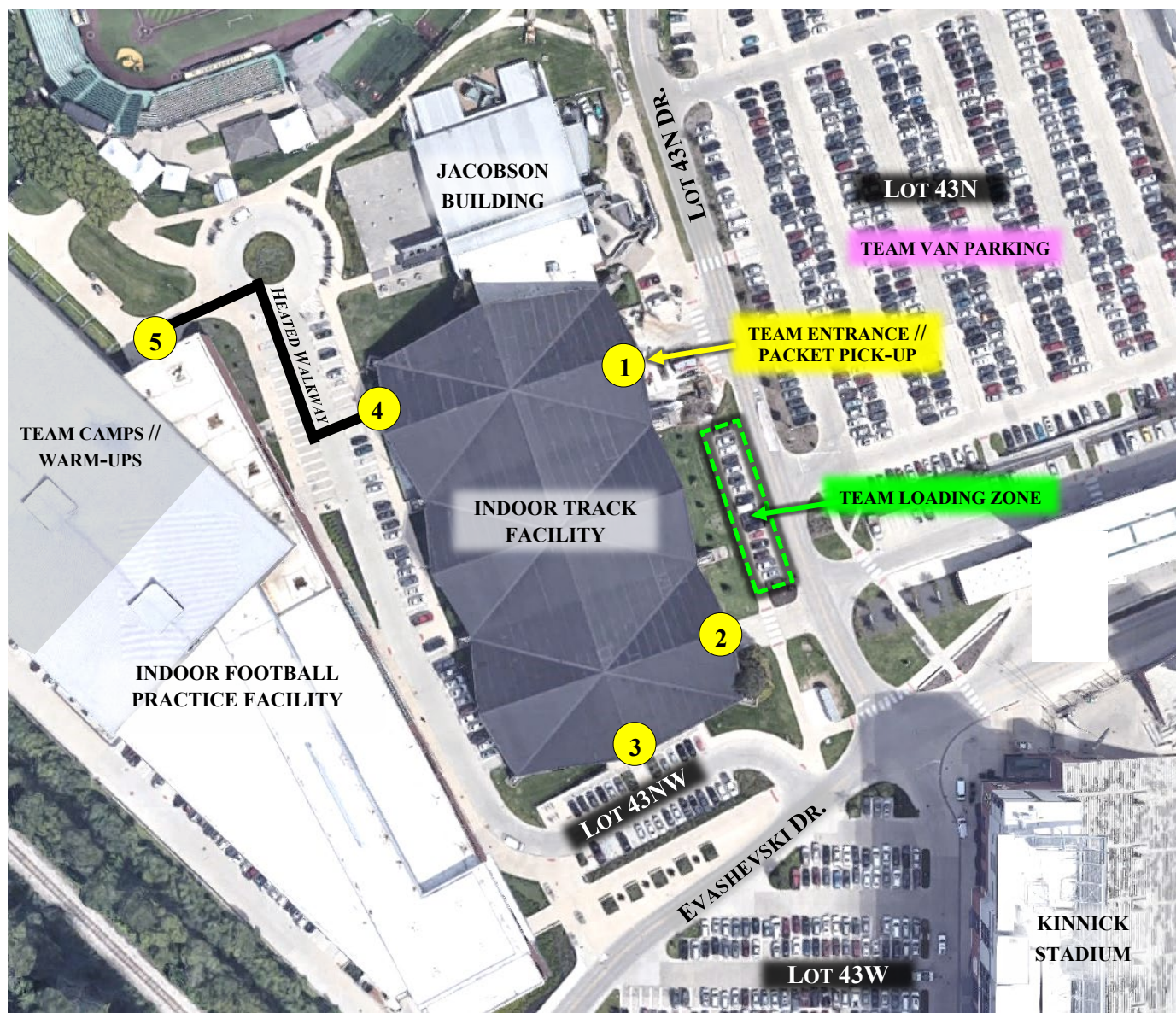






### ACCESS TO INDOOR TRACK // WARM-UP FACILITIES

TEAM LOADING ZONE // ENTRANCE // PARKING



#### ENTRANCES:

- ① Team Entrance Only // Packet Pick-up
- ② Pole Vault Equipment Entrance (*specific times, see pg. 5*)
- ③ Spectator Entrance
- ④ Team Entrance Only (*once team has been checked in and received proper wristbands*)
- ⑤ Entrance to Indoor Football Practice Facility (*for availability, see pg. 5*)





**WEIGHT THROW COMPETITION VENUE (HTRC)****DIRECTIONS // PARKING // ENTRANCE****DIRECTIONS**

**FACILITY:** Hawkeye Tennis & Recreation Complex (HTRC)

**GPS ADDRESS:** [2820 Prairie Meadow Drive, Iowa City, Iowa, 52242](#)

**FROM I-80:** Take Exit 242 (First Ave.). Turn onto First Ave. (right from east bound, left from west bound). Follow First Ave., going south, through the Hwy 6 (Second St.) and First Ave. intersection. First Ave. turns into Mormon Trek Blvd. after the intersection. Continue on Mormon Trek Blvd. for about 0.4 miles. Turn right onto Hawkeye Park Rd. and continue going straight until the first driveway on your left. Take a left to access the east parking lot. *Please refer to the map below.*

**PARKING // ENTRANCE**

Team vehicles may drop-off at the main entrance (indicated in **GREEN**). Passenger vehicle parking is available in the Student Lot, east of the HTRC (indicated in **ORANGE**). To receive proper parking passes for the HTRC, please indicate what type of transportation your team will use on Friday for the Weight Throw competition on the "Team Travel Form" (pg. 11). A parking placard will be provided in the team packet and must be hung in the vehicle at all times. Permits are not valid for any metered space. Team buses will need to park at the Hall of Fame Lot (Lot 71) (indicated in **BLUE**). Parking passes are not needed inside Lot 71.





**TEAM TRAVEL FORM**

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

GENDER(S): \_\_\_\_\_

**ONSITE CONTACT**

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

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

**LODGING**

Hotel: \_\_\_\_\_

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

**ONSITE VEHICLES // ARRIVAL TIME****TOTAL NUMBER OF VEHICLES:**

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

**INDOOR TRACK FACILITY:****\*Practice on Friday**

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

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

**\*Competition on Saturday**

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

**WEIGHT THROW VENUE:****\*Competition on Friday in HTRC**

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

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

**TEAM MEAL VENDORS****PERSONNEL TO MEET DELIVERY:**

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

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

**DELIVERIES:**

Vendor: \_\_\_\_\_

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

Vendor: \_\_\_\_\_

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

**TRAVEL PARTY**

Director of Program: \_\_\_\_\_

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

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

Assistant Coaches: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Director of Operations: \_\_\_\_\_

\_\_\_\_\_

Volunteer Coaches: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Team Managers: \_\_\_\_\_

\_\_\_\_\_

Administrative Staff: \_\_\_\_\_

\_\_\_\_\_

Medical Personnel: \_\_\_\_\_

\_\_\_\_\_

Media Personnel: \_\_\_\_\_

\_\_\_\_\_

Other (please specify): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WRISTBANDS****\*Everyone must have a wristband.**

# Coaches // Team Staff: \_\_\_\_\_

# Student-Athletes: \_\_\_\_\_

Please complete and return prior to 5:00 p.m. (CT) on **Monday, January 6** to:

Shawn Koenigsberg, Event Manager

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