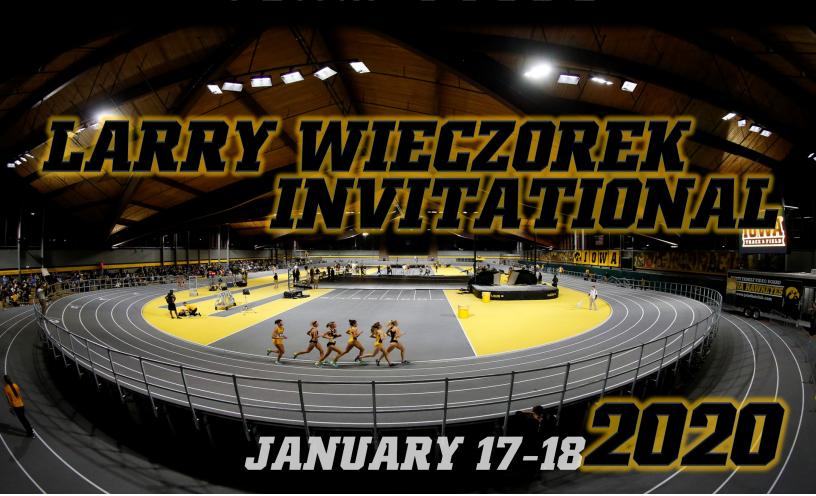


# UNIVERSITY OF IOWA TEAM GUIDE





### **2020 TEAM GUIDE**

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OFFICE		
	<u>CELL</u>	<u>EMAIL</u>
319-335-9439	<u>CELL</u> 319-231-0707	EMAIL shawn-koenigsberg@uiowa.edu
319-335-9439 319-335-9257	CELL 319-231-0707 319-330-3753	EMAIL shawn-koenigsberg@uiowa.edu joey-woody@uiowa.edu
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	(HTRC)	(HTRC)

# UNIVERSITY OF IOWA TRACK & FIELD 2020 TEAM GUIDE

### ATHLETE REGISTRATION

Meet registration will take place on <u>directathletics.com</u>. **Deadline for registration is 10:00 p.m. (CT) Sunday**, **January 12.** Accepted entries will be posted on <u>hawkeyesports.com</u> by 5:00 p.m. (CT) Tuesday, January 14. There is no entry fee. Open to non-collegiate competitors; contact Kate Wakenight (<u>kathryn-wakenight@uiowa.edu</u>) prior to entry deadline for approval.

#### AWARDS PRESENTATION

A brief awards presentation will take place on the track immediately after the last event on Saturday. The first place team for each gender will be recognized. Each team will also be asked to vote on the overall "Athlete of the Meet" for each gender in the field events and the running events. Awards ballots will be included inside the team packet. Please turn in the completed ballot to the 'Clerking Area' (see pg. 8) prior to the 4x400m relays.

### COACHES' MEETING

The coaches' meeting will take place at 10:00 a.m. on Friday in the northeast corner of the track facility, near the 'Clerking Area' (see pg. 8). We ask that a representative from each team be present at that time.

### **ENTRY STANDARDS**

### MEN'S EVENTS

- 60 Meters: 7.10 seconds, maximum of 48 entries
- 60 Meter Hurdles: 8.80 seconds, maximum of 48 entries
- 200 Meters: 22.50 seconds, maximum of 48 entries
- 400 Meters: 49.00 seconds, maximum of 48 entries
- 600 Meters: 1:22.00, maximum of 48 entries
- **800 Meters:** 1:55.00, maximum of 48 entries
- 1,000 Meters Exhibition: 2:30.00, maximum of 12 entries
- Mile: 4:20.00, maximum of 48 entries
- **3,000 Meters:** 8:40.00, maximum of 48 entries
- 4 x 400 Meter Relay: 3:20.00, maximum of 24 entries
- **High Jump:** 2.00 meters, limited top 24 entries
- Pole Vault: 4.50 meters, limited top 24 entries
- Long Jump: 7.00 meters, limited top 24 entries
- Triple Jump: 15.00 meters, limited top 24 entries
- Shot Put: 16.00 meters, limited top 24 entries
- Weight Throw: 16.00 meters, limited top 24 entries

### **WOMEN'S EVENTS**

- 60 Meters: 7.90 seconds, maximum of 48 entries
- 60 Meter Hurdles: 9.00 seconds, maximum of 48 entries
- 200 Meters: 25.50 seconds, maximum of 48 entries
- 400 Meters: 58.00 seconds, maximum of 48 entries
- **600 Meters:** 1:36.00. maximum of 48 entries
- 800 Meters: 2:20.00, maximum of 48 entries
- 1,000 Meter Exhibition: 3:00.00, maximum of 12 entries
- Mile: 5:10.00, maximum of 48 entries
- 3,000 Meters: 10:20.00, maximum of 48 entries
- 4 x 400 Meter Relay: 3:50.00, maximum of 24 entries
- **High Jump:** 1.65 meters, limited top 24 entries
- Pole Vault: 3.50 meters, limited top 24 entries
- Long Jump: 5.50 meters, limited top 24 entries
- Triple Jump: 12.00 meters, limited top 24 entries
- Shot Put: 14.00 meters, limited top 24 entries
- Weight Throw: 16.00 meters, limited top 24 entries

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## **UNIVERSITY OF IOWA TRACK & FIELD**

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

**FIELD EVENTS:** Check-in for all field events takes place at the event site before the Indoor Football Practice Facility (IPF) is open. After 2:00 p.m. on Friday and 10:00 a.m. on Saturday, field event competitors are to complete warm-ups inside the IPF.

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. 8). 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. 8). 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. 8).

• 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.

### FIELD EVENTS OPENING HEIGHTS

### **MEN'S EVENTS**

- **High Jump:** 2.00 meters, limited top 24 entries (opening height 1.95 meters; 2.00-2.05-2.10-2.15-2.18-2.21)
- **Pole Vault:** 4.50 meters, limited top 24 entries (opening height 4.60 meters; 4.75-4.90-5.05-5.15-5.25-5.35)

### **WOMEN'S EVENTS**

- **High Jump:** 1.65 meters, limited top 24 entries (opening height 1.60 meters; 1.65-1.70-1.75-1.78-1.81-1.84)
- Pole Vault: 3.50 meters, limited top 24 entries (opening height 3.65 meters; 3.80-3.95-4.10-4.20-4.35-4.45)

### HOSPITALITY

Complimentary hospitality for all coaches will be available on the south balcony, inside the track facility (see pg. 6). Credentials are required to access the hospitality area. An area designated for student-athlete hospitality will be in the Jacobson Building (see pg. 10). Outside of specific contracted meals, each team is responsible for providing their own team meals. Food vendors are to drop-off team meals at the team entrance (see pg. 11). Food vendors must be listed on the "Team Travel Form" (pg. 14) and escorted to the team's hospitality room by team staff.

### IMPLEMENT INSPECTION

Implements must be inspected prior to competition on Friday and 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 <u>hawkeyesports.com</u>. Live scoring will also be available on <u>hawkeyesports.com/tracklive</u>. Following the meet, complete results will be available at the timing booth on the south balcony *(see pg. 8)*. To receive results electronically, please contact Chris Brewer at 319-335-9411.

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## **UNIVERSITY OF IOWA TRACK & FIELD**

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### **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. 8 and 9). When the warm-up facility is not open, an additional Athletic Training Room will be available on the lower level of the Jacobson Building (see pg. 10). Athletic Training will be available on both days, beginning two (2) hours before competition. An ambulance will arrive one (1) hour prior to competition. If medical care is needed prior to Thursday, or if there are any questions, please contact Doug West at 319-530-5173. Please refer to the visitor's letter on 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. 10). For teams checking in to their hotel prior to practicing, team packets may be delivered to the hotel upon request. Proper credentials, wristbands and parking passes will be included inside the team packets. Please include team's anticipated arrival time and location on the "Team Travel Form" (pg. 14).

### PRACTICE // WEIGHT ROOM REQUESTS

The Indoor Track Facility will be available for practice from 4:00 p.m. to 9:00 p.m. on Thursday. The facility will also be available for practice on Friday from 8:00 a.m. to 10:30 a.m. and Saturday from 8:00 a.m. to 10:00 a.m. Please include team's transportation plan for practice on the "Team Travel Form" (pg. 14).

**WEIGHT ROOM:** A weight room facility located in the lower level of the Jacobson Building (see pg. 10) will be made available during designated time blocks for groups interested in lifting. If requested, the facility will be available for ~one (1) hour during Thursday evening's practice and for ~two (2) hours during practice times Saturday morning. To request the use of the weight room facility, please contract Cody Roberts (cody-roberts@uiowa.edu) prior to Monday at 5:00 p.m. (CT). Hours of operation will be dependent on requests to use the facility. Set times will be shared with the groups interested in lifting by Tuesday at 5:00 p.m. (CT).

### RELAY CARDS // PREMIER INTRODUCTIONS

Relay cards are to be filled out completely and 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 directly to the timing booth (see pg. 8). Copies of the relay cards will be included inside each team's packet.

**PREMIER RELAY INTRODUCTIONS:** Teams entered in the two (2) 4x400m Relay Premier heats on Saturday have an opportunity to choose the song they want to be introduced to. Songs that contain foul language or inappropriate references will not be allowed. To request a song, please complete the "Premier Relay Introduction Song Form" (pg. 13). To ensure songs are appropriate and properly cued, the deadline to request a song is Monday, January 13. Teams will not be allowed to request introduction songs onsite.

### SPIKE CHECK // RESTRICTIONS

Competitors are allowed to wear Christmas tree, pyramid, or Omni-Light spike pins that are no longer than ½" (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 4:00 p.m. to 6:30 p.m. on Friday and 11:30 a.m. to 3:30 p.m. on Saturday inside the warm-up facility (see pg. 9)*. Spike check for field events will place at the event site.

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## **UNIVERSITY OF IOWA TRACK & FIELD**

**2020 TEAM GUIDE** 

### 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. 11). **Team vehicles must pull** <u>into</u> 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. 11).

**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. 11). This entrance will be available during practice times.

### **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. 14).

**BUSES:** Buses are to park out at the Hall of Fame Parking Lot (Lot 71) (see pg. 12). 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.

PASSENGER VEHICLES: An area will be designated for team passenger vehicles that are indicated on the "Team Travel Form" (pg. 14). Passenger vehicles are to park at a hooded meter (with team parking sign) within Lot 43NW. To access Lot 43NW from the team loading zone, head south on Lot 43NDr., toward Kinnick Stadium. Turn right onto Evashevski Dr. and then take an immediate right into Lot 43NW, the hooded meters will be directly east of the track facility, near the northwest team entrance (see pg. 11). A specific parking pass will be provided in the team packet and will be required to park at the designated parking space.

**WEIGHT THROW FACILITY PARKING:** Passenger vehicle parking is available in the Student Lot, east of the Hawkeye Tennis and Recreation Complex (see pg. 12). A specific parking permit will be required. Please indicate team's transportation plan on the "Team Travel Form" (pg. 14). Team buses are to park in Lot 71 (see pg. 12).

### WARM-UP AREAS // TEAM CAMPS

All team camps and warm-up areas will be located in the Indoor Football Practice Facility (IPF) starting at 2:00 p.m. on Friday and 10:00 a.m. on Saturday (see pg. 9). 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. 11). Credentials and 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. 10). 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. 8).

### **WEIGHT THROW // SHOT PUT COMPETITION**

The Weight Throw and non-premier Shot Put competitions will be held at the Hawkeye Tennis and Recreation Complex (HTRC) on Friday (see pg. 12). 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. 14). GPS ADDRESS: 2820 Prairie Meadow Drive, Iowa City, Iowa, 52242.



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### WRISTBANDS // CREDENTIALS

Student-athletes will be provided wristbands and coaches and team staff will receive credentials. Credentials and wristbands will be required to access areas restricted to spectators and must be worn at all times while onsite. To receive proper credentials, please complete the 'Travel Party' section on the "Team Travel Form" (pg. 14).

'ALL ACCESS' CREDENTIAL: Head Coaches and Program Directors of each team will receive one (1) 'All Access' credential. To provide an opportunity for coaches to designate someone to assist with video during competition, each team will also receive two (2) additional 'All Access' credentials. Individuals with an 'All Access' credential will be permitted to access the track at any time.

<u>'TEAM PERSONNEL' CREDENTIAL</u>: Coaches and team staff (excluding Head Coaches and Program Directors) will receive 'Team Personnel' credentials for the meet. Individuals with a 'Team Personnel' credential will be permitted to access the team hospitality area, warm-up facility and areas around the track facility that are otherwise restricted to the general public. Coaches and team staff without an "All Access" credential are asked to stay off of the track.

• Exception: Competitors in the 60m/hurdles and 200m are invited to complete their warm-up on the infield ~30 minutes prior to race. Specific times are listed on the schedule of events. During this time, 'Team Personnel' credentials are permitted to access the infield to work with their athlete(s), if desired. Competitors are to exit the track and stage with their heat in the 'Staging Area' (see pg. 8) ~five (5) minutes before their race. At this time, individuals without an 'All Access' credential are asked to coach from inside the designated coaches' boxes during the race.

**FIELD EVENT PASS:** Each team will receive a total of four (4) field event coaches' box passes, one (1) specific pass for each field event. Each field event pass allows access to the specific coaches' box during the corresponding event.



#### ALL ACCESS CREDENTIAL:

Access to all areas in each facility. Allowed on the track at all times.

Provided to each Head Coach and Directors of program.

Each team will be provided with two (2) extra to use for video personnel, if desired.





#### TEAM PERSONNEL CREDENTIAL:

Grants access into each facility and areas restricted to the public.

#### Restricted Areas:

-Not allowed on the track.

o Exception: 60m/60m Hurdles warm-up.



COMPETITOR WRISTBANDS: Access to all areas in each facility. Competitors with wristband must be <u>escorted</u> by either medical or event staff through restricted area (east side of track) starting at 4:00 p.m. Friday and 1:00 p.m. Saturday







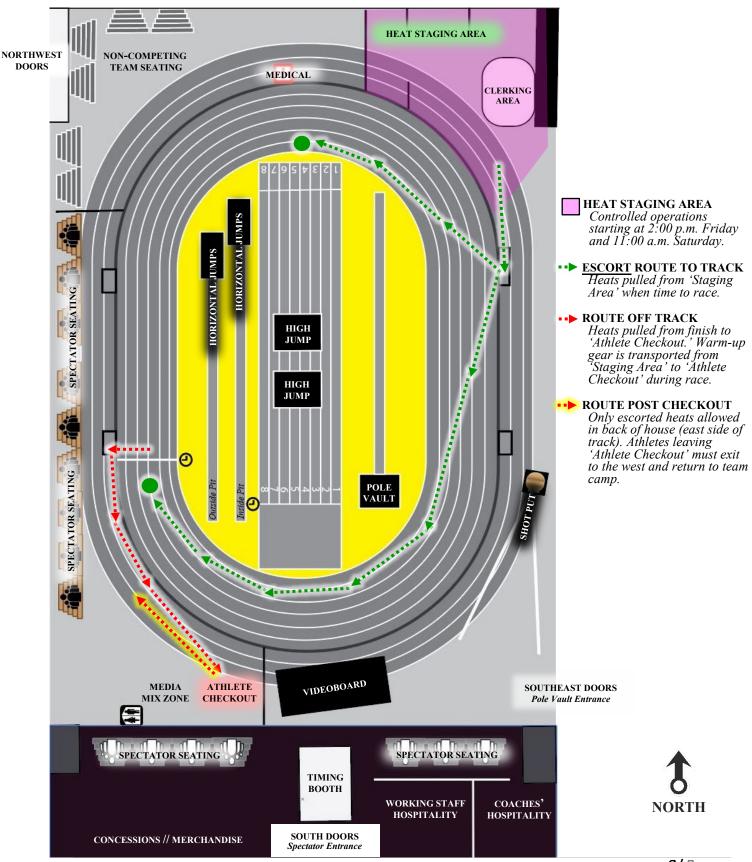




COACHES' BOX PASSES: Access to the corresponding event coaches' box within the track facility. Must be clipped onto the designated bottom portion of the "TEAM PERSONNEL" credential.



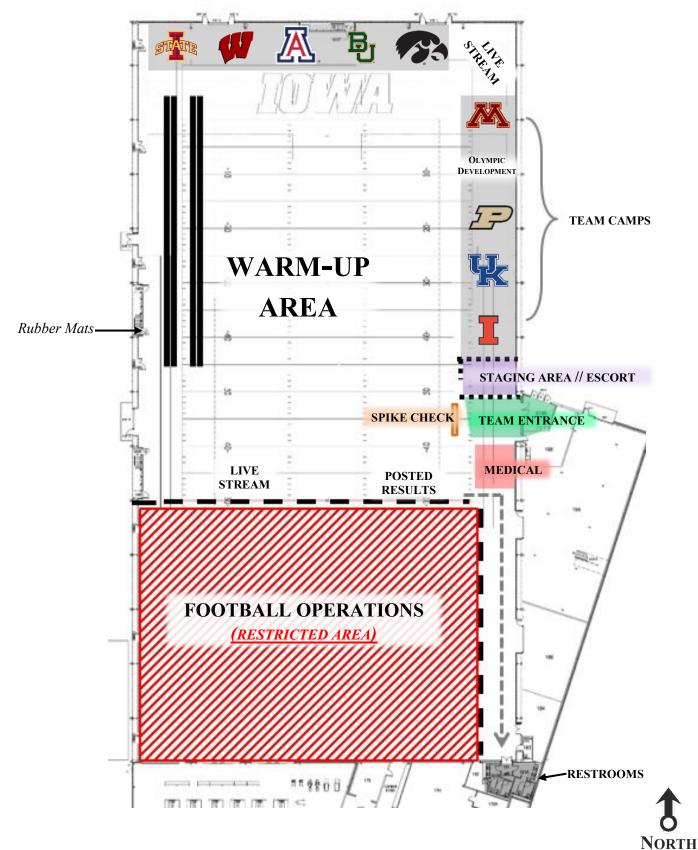
# INDOOR TRACK FACILITY SET-UP // STAGING PROCESS





## INDOOR FOOTBALL PRACTICE FACILITY (IPF)

TEAM CAMPS // WARM-UP AREA



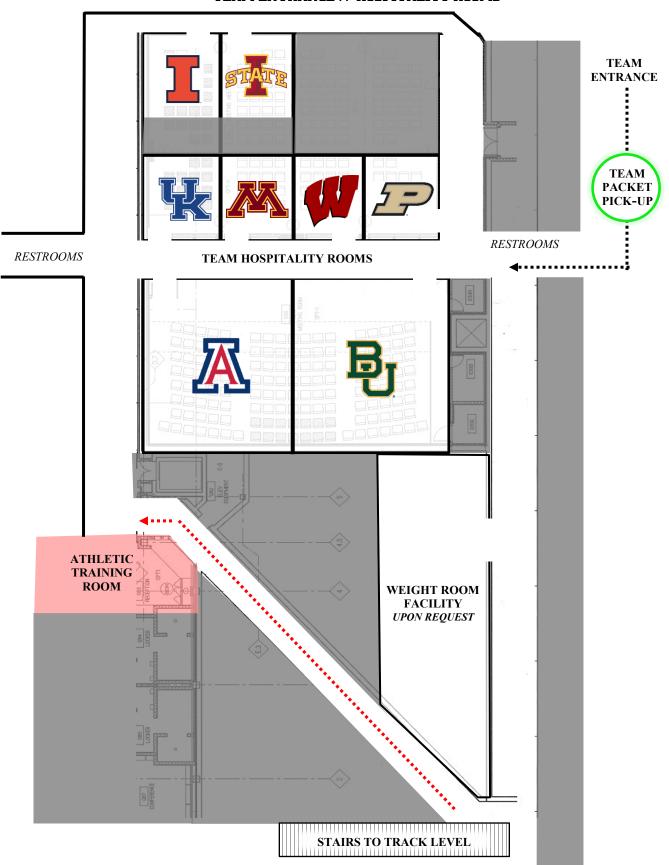




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### JACOBSON BUILDING - LOWER LEVEL

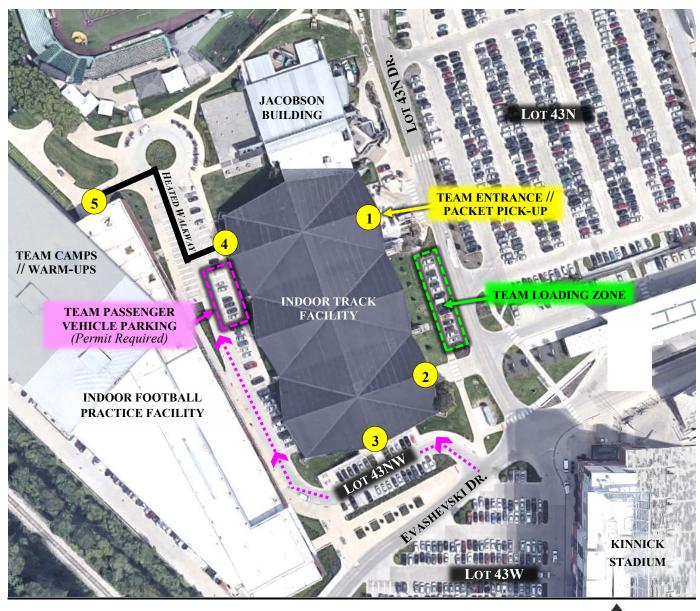
TEAM ENTRANCE // HOSPITALITY ROOMS



2020 TEAM GUIDE

# ACCESS TO INDOOR TRACK // WARM-UP FACILITIES

TEAM LOADING ZONE // ENTRANCE // PARKING



### **ENTRANCES:**

NORTH

- 1 Team Entrance Only // Packet Pick-up
- 2 Pole Vault Equipment Entrance
- 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. 6)

**2020 TEAM GUIDE** 

# WEIGHT THROW // SHOT PUT 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 **PINK**). To receive proper parking permits for the HTRC, please indicate what type of transportation your team will use on the "Team Travel Form" (pg. 14). A parking permit 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**). Permits are not required to park in Lot 71.







**2020 TEAM GUIDE** 

### PREMIER RELAY INTRODUCTION SONG FORM

INSTITUTION:		
Teams entered in the two (2) 4x400m Relay Pr the song they want to be introduced to. Songs t not be allowed. To ensure songs are appropriate Monday, January 13. Teams will not be allowed	hat contain foul language or inape and properly cued, the deadline	propriate references will to request a song is
WOMEN'S PREMIER RELAY SONG CHOICE		
Сногсе #1:		
Title:		
Artist:		
Year:		
Desired Starting Point (optional):	minute mark	
Сноісе #2:		
Title:		
Artist:		
Year:		
Desired Starting Point (optional):	minute mark	
MEN'S PREMIER RELAY SONG CHOICE		
Сногсе #1:		
Title:		
Artist:		
Year:		
Desired Starting Point (optional):	minute mark	
Сногсе #2:		
Title:		
Artist:		
Year:		
Desired Starting Point (optional):	minute mark	

Please complete and return prior to 5:00 p.m. (CT) on <u>Monday, January 13</u> to:
Shawn Koenigsberg, Event Manager
Email: <u>shawn-koenigsberg@uiowa.edu</u>



**2020 TEAM GUIDE** 

### TEAM TRAVEL FORM

INSTITUTION:	
GENDER(S):	
TRA VEL SCHEDULE	ONSITE CONTACT
ARRIVAL:	Name // Title:
Date: Time:	
Airport:	
Airline // Flight #:	
DEPARTURE:	Director of Program:
Date: Time:	
Airport:	11000 000011
Airline // Flight #:	T RECEIVES TEADUPERSUNNEL CREIDENTIALS
LODGING	Assistant Coaches:
Hotel:	
Check-in Date: Time:	
ONSITE VEHICLES // ARRIVAL TIME	
TOTAL NUMBER OF VEHICLES:	D: 4 CO 4
# Buses: # Vans:	Director of Operations:
INDOOR TRACK FACILITY:	Volunteer Coaches:
*Practice on Thursday Arrival Time:	
# Buses: # Vans:	
*Competition on Friday Arrival Time:	Team Managers:
THROWS VENUE (HTRC):	
*Competition on Friday in HTRC	Administrative Staff:
Arrival Time: # Vans:	<del></del>
	Medical Personnel:
TEAM MEAL VENDORS	
PERSONNEL TO MEET DELIVERY:	Media Personnel:
Name // Title: Cell Phone:	
	Other (please specify):
DELIVERIES: Vendor:	
Vendor: Date // Time:	
Vendor:	
Date // Time:	
Vendor:	// A d 1 1 4
Date // Time:	

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