

The logo features the word "FIGHT" in a large, bold, black font with a yellow outline. To its right, the word "FOR" is in a smaller, black font. Below "FIGHT" is a yellow banner containing the black silhouette of the University of Iowa hawk head logo. To the right of the banner is the word "IOWA" in a large, bold, black font with a yellow outline and a trademark symbol. Below "IOWA" is another yellow banner containing the words "TRACK & FIELD" in a black font.

**FIGHT FOR
IOWA™
TRACK & FIELD**

**UNIVERSITY OF IOWA
TEAM GUIDE**

A wide-angle photograph of an indoor track and field stadium. The track is grey with yellow lanes. Several female runners in yellow and black uniforms are in the middle of a race on the track. The stadium has a high, arched wooden roof with many lights. In the background, there are banners for "IOWA TRACK & FIELD" and a sign for "SCOTT FAMILY VIDEO BOARD VIA HAWKEYES www.jtcathletics.com".

**JIMMY GRANT
INVITATIONAL**

DECEMBER 14 2019



TABLE OF CONTENTS

Athlete Registration... 3
Event Check-in // Staging ... 3
Hospitality ... 3
Implement Inspection ... 3
Media // Results ... 3
Medical Services ... 3
Packet Pick-up ... 3
Practice ... 3
Relay Cards ... 3
Spike Check // Restrictions ... 4
Team Drop-off // Entrance ... 4
Team Parking ... 4
Warm-up Areas // Team Camps ... 4
Weight Throw Competition ... 4
Wristbands ... 4

FACILITY DIAGRAMS

Indoor Track Facility ... 5
Jacobson Building - Lower Level ... 6

DIRECTIONS // PARKING INFORMATION

Access to Indoor Track Facility ... 7
Weight Throw Competition Venue (HTRC) ... 8

TO BE COMPLETED // RETURNED

Team Travel Form ... 9

CONTACT INFORMATION

EVENT MANAGEMENT

Shawn Koenigsberg, Event Manager 319-335-9439 319-231-0707 shawn-koenigsberg@uiowa.edu

IOWA COACHING STAFF

Joey Woody, Director/ Head Coach 319-335-9257 319-330-3753 joey-woody@uiowa.edu
Clive Roberts, Associate Head Coach 319-335-9257 319-530-7583 clive-roberts@uiowa.edu
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MEDIA

Chris Brewer, Assistant Director 319-335-9411 319-325-3483 christopher-brewer@uiowa.edu

MEDICAL

Doug West, Track & Field Athletic Trainer 319-335-9504 319-530-5173 douglas-west@uiowa.edu

WAYZATA RESULTS / TIMING

Josh Gerber, Wayzata Events Ops Director 612-849-0713 josh@wayzataresults.com



ATHLETE REGISTRATION

Registration for the meet will take place at directathletics.com. Deadline for registration is 5:00 p.m. (CT) Tuesday, December 10. There is no entry fee. Open to non-collegiate competitors; contact Kate Wakenight at kathryn-wakenight@uiowa.edu prior to entry deadline for approval.

EVENT CHECK-IN // STAGING

Check-in for all field events takes place at the event site. For running events, competitors are to check-in ten (10) minutes prior to their scheduled race time at the ‘Clerking Area’ (see pg. 5). Heats will be assigned a staging area in sequential order ~five (5) minutes prior to race. At that time, competitors are to be race ready (warm-ups off) and report to their assigned heat staging area. **All warm-up apparel must be off prior to reporting to the heat staging area and apparel is to be kept in the team camp area** (see pg. 5). Heats will be escorted individually onto the track for each race. After each race, competitors must exit the track on the southwest side (see pg. 5).

HOSPITALITY

Complimentary hospitality for all coaches will be available on the south balcony, inside the track facility (see pg. 5). Coaches must have their wristband on to access the hospitality area. An area designated for student-athlete hospitality will be in the Jacobson Building (see pg. 6). Each team is responsible for providing their own team meal. Food vendors are to drop-off team meals at the team entrance (see pg. 7). Food vendors must be listed on the “Team Travel Form” (pg. 9) 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. Live scoring will also be available on hawkeyesports.com/tracklive. Following the meet, complete results will be available at the timing booth on the south balcony (see pg. 5). 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 northwest corner of the Indoor Track Facility and on the lower level of the Jacobson Building (near the student-athlete hospitality area) (see pgs. 5 and 6). 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 Saturday, 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. 6). Proper wristbands will be included inside the team packets. Please include team’s anticipated arrival time for each day on the “Team Travel Form” (pg. 9).

PRACTICE

The Indoor Track Facility is open for practice from 5:00 p.m. to 7:00 p.m. on Friday. Please indicate what type of transportation your team will use for practice on the “Team Travel Form” (pg. 9).

RELAY CARDS

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 on the south balcony (see pg. 5). Copies of the relay cards will be included inside each team’s packet.

**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. All spikes must be checked and tagged. Inspection will be available from **11:30 a.m. to 3:30 p.m.** at the ‘Clerking Area’ (see pg. 5). 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. 7). **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. 6).

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. 7). This entrance will be available during Friday’s practice and on Saturday from 8:00 a.m. until 12:00 p.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.

TEAM BUSES: Buses are to park out at the Hall of Fame Parking Lot (Lot 71) (see pg. 8). 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, outside the east and south end of the Indoor Track Facility (see pg. 7).

WEIGHT THROW FACILITY PARKING: For the Weight Throw competition, passenger vehicle parking is available in the small parking lot east of the Hawkeye Tennis and Recreation Complex (HTRC) (see pg. 8). Team buses will need to park at Lot 71 for the Weight Throw competition (see pg. 8).

WARM-UP AREAS // TEAM CAMPS

Assigned bleachers will be available in the northwest corner of the indoor track for teams. We ask that teams stay out of the spectator seating areas during the meet as space is limited (see pg. 5). Warm-up times on the infield will be included on the final schedule of events and shared with teams prior to the meet.

WEIGHT THROW COMPETITION

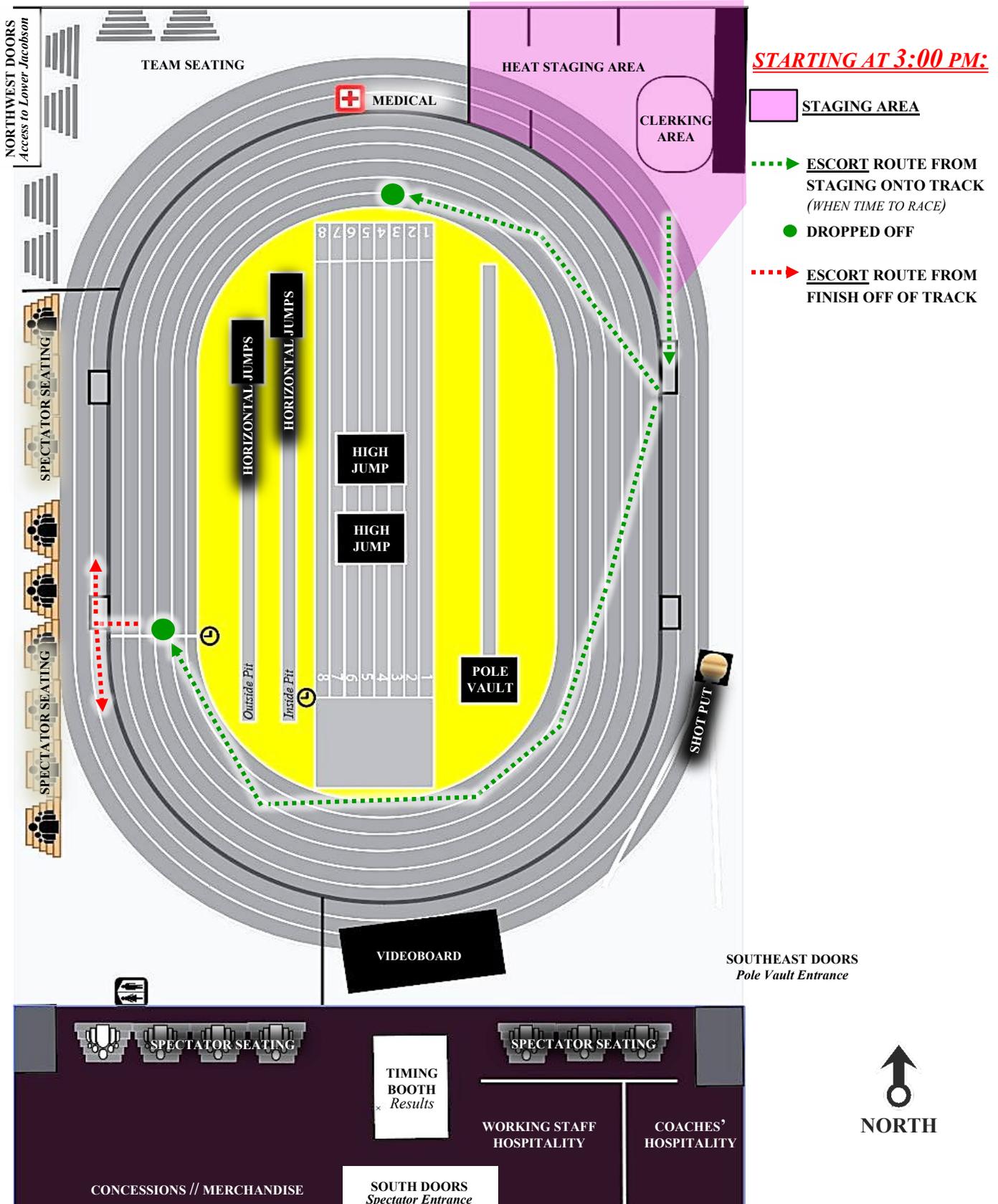
The Weight Throw competition will be held at the Hawkeye Tennis and Recreation Complex (HTRC) on Saturday. Implement inspection will be available at the HTRC starting 90 minutes prior to the start of the event. For directions and parking information, please see page 8. **GPS ADDRESS:** [2820 Prairie Meadow Drive, Iowa City, Iowa, 52242](#)

WRISTBANDS

Wristbands will be provided to all student-athletes and team staff. Wristbands must be worn at all times to gain access to restricted areas. Please indicate the quantity of wristbands needed for both student-athletes and team staff on the “Team Travel Form” (pg. 9).



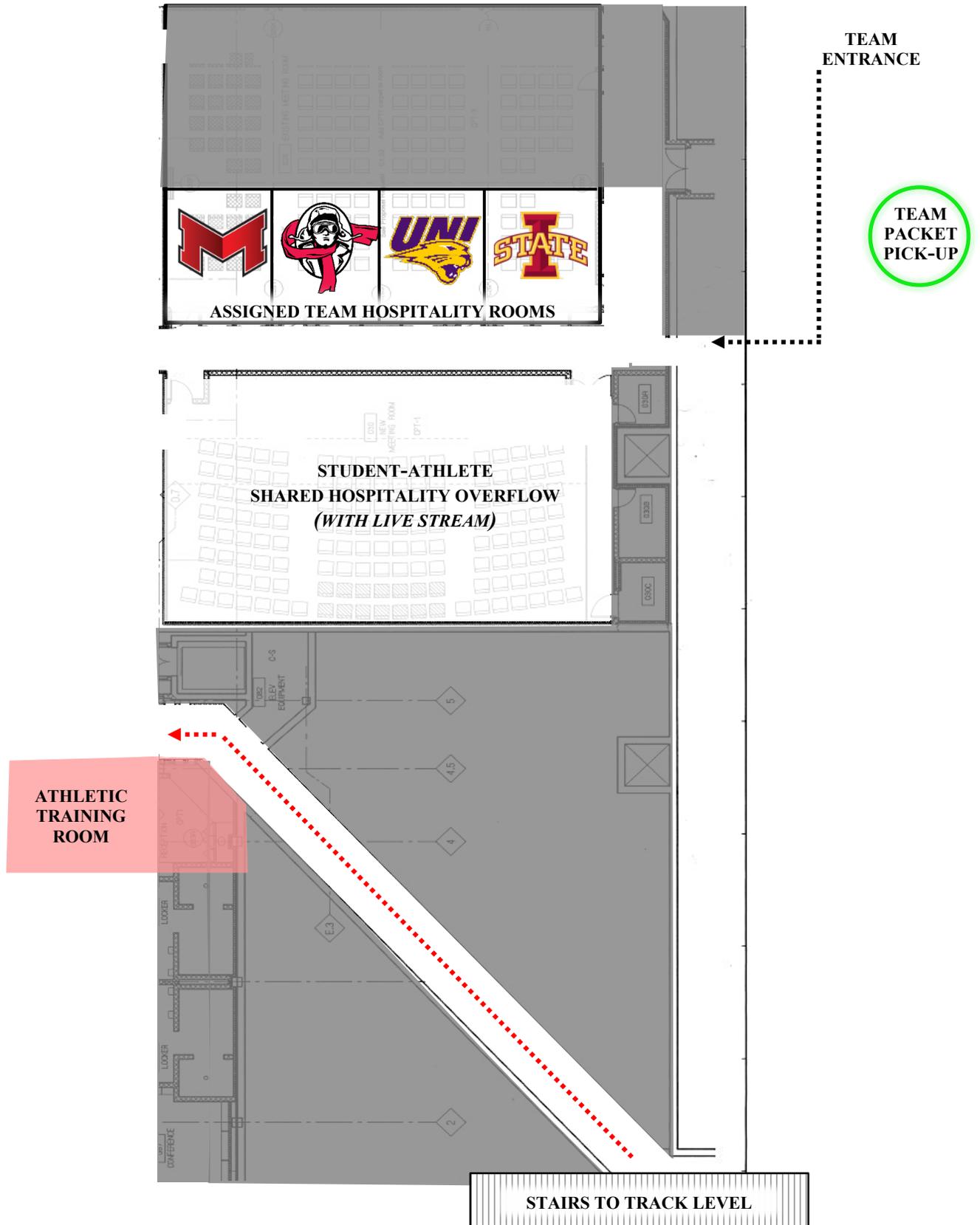
INDOOR TRACK FACILITY SET-UP // STAGING PROCESS





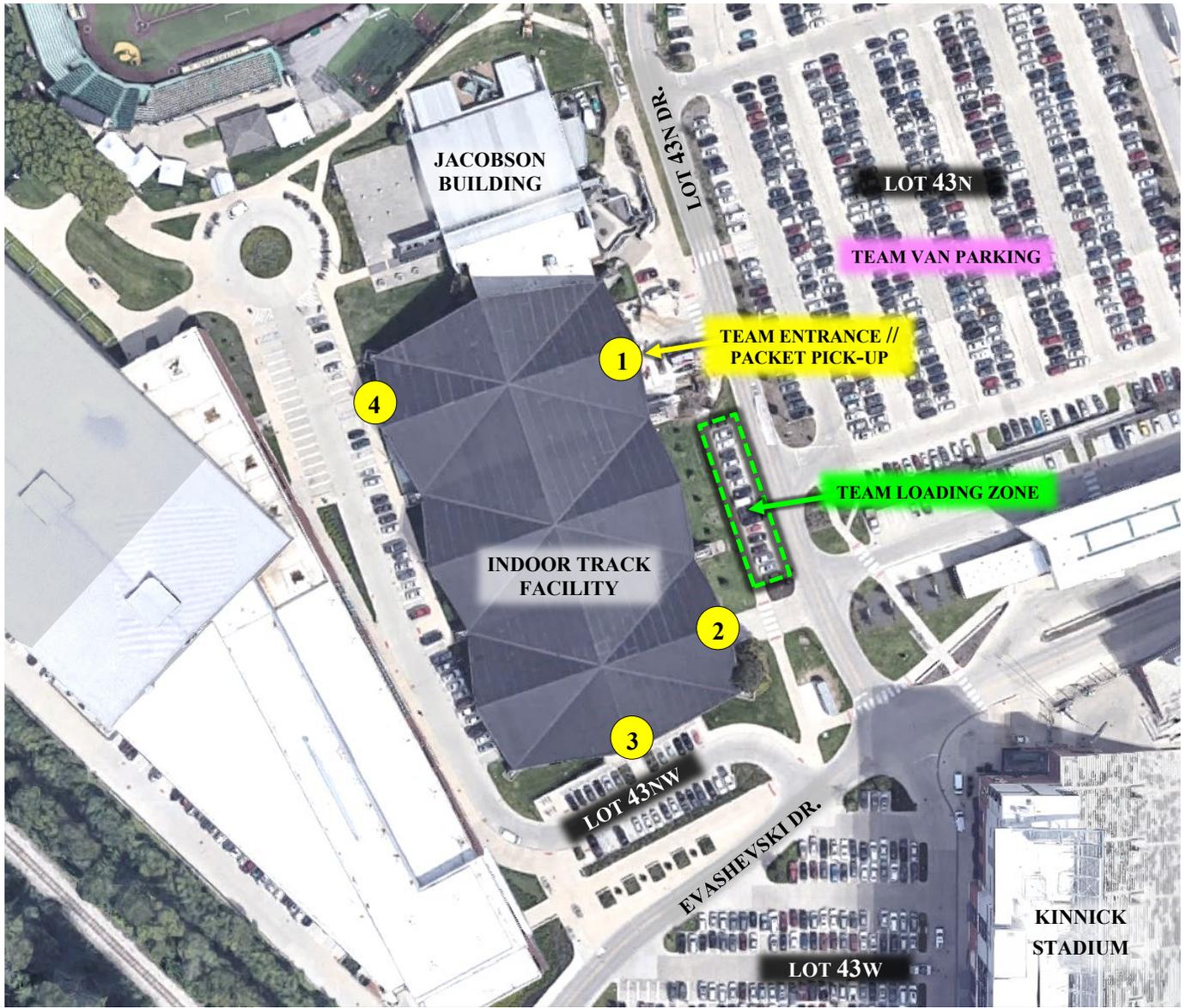
JACOBSON BUILDING – LOWER LEVEL

TEAM ENTRANCE // HOSPITALITY ROOMS





ACCESS TO INDOOR TRACK FACILITY
TEAM LOADING ZONE // ENTRANCE // PARKING



ENTRANCES:

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



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 small parking lot east of the HTRC (indicated in **ORANGE**). Team buses will need to park at the Hall of Fame Lot (Lot 71) (indicated in **BLUE**). Parking passes are not needed on Saturday.





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 Saturday 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, December 9** to:

Shawn Koenigsberg, Event Manager
Email: shawn-koenigsberg@uiowa.edu