



UNIVERSITY OF IOWA
CROSS COUNTRY
VISITING TEAM MANUAL

HAWKEYE
INVITATIONAL

SEPTEMBER 3 2021



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PERSONNEL

<u>Event Management</u>	<u>Office</u>	<u>Cell</u>	<u>Email</u>
Shawn Koenigsberg, Event Manager	319-335-9439	319-231-0707	shawn-koenigsberg@uiowa.edu
<u>Coaching Staff</u>			
Joey Woody, Director	319-335-9421	319-330-3753	joey-woody@uiowa.edu
Randy Hasenbank, Associate Head	319-335-9259	319-430-6334	randy-hasenbank@uiowa.edu
Jason Wakenight, Assistant Coach	319-335-9259	319-325-7456	jason-wakenight@uiowa.edu
Kate Wakenight, Director of Operations	319-335-9254	319-331-7955	kathryn-wakenight@uiowa.edu
<u>Media / Communications</u>			
Hannah Ossman, Assistant Director	319-335-9411	309-338-3728	hannah-ossman@uiowa.edu
<u>Sports Medicine</u>			
Doug West, Athletic Trainer	319-335-9504	319-530-5173	douglas-west@uiowa.edu
<u>Wayzata Results / Timing</u>			
Josh Gerber, Owner/Event Ops Director		612-849-0713	josh@wayzataresults.com
<u>Emergency Contacts</u>			
Iowa City Police	319-356-5275		
Johnson County Sherriff	319-356-6020		
University Police	319-335-5022		

MEET SCHEDULE

FRIDAY, SEPTEMBER 3

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



UNIVERSITY OF IOWA CROSS COUNTRY

HAWKEYE INVITATIONAL

ENTRY PROCEDURES

Registration for the meet will take place at www.directathletics.com. **Deadline for registration is 12:00 p.m. (CT) Tuesday, August 31.** There will be no entry fee. Meet is open to non-collegiate competitors; contact Kate Wakenight at 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
- Animals (*except service animals*)
- Bicycles
- Golf balls
- Noisemakers or any disruptive devices
- Tobacco of any kind (*including e-cigarettes*)
- Unauthorized vehicles
- Weapons of any kind

Service dogs 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. 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 Hannah Ossman (hannah-ossman@uiowa.edu) 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.

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 (douglas-west@uiowa.edu).

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 3rd. Please indicate team's estimated arrival time on the "Team Travel Form" (page 7).

SHOWER FACILITIES

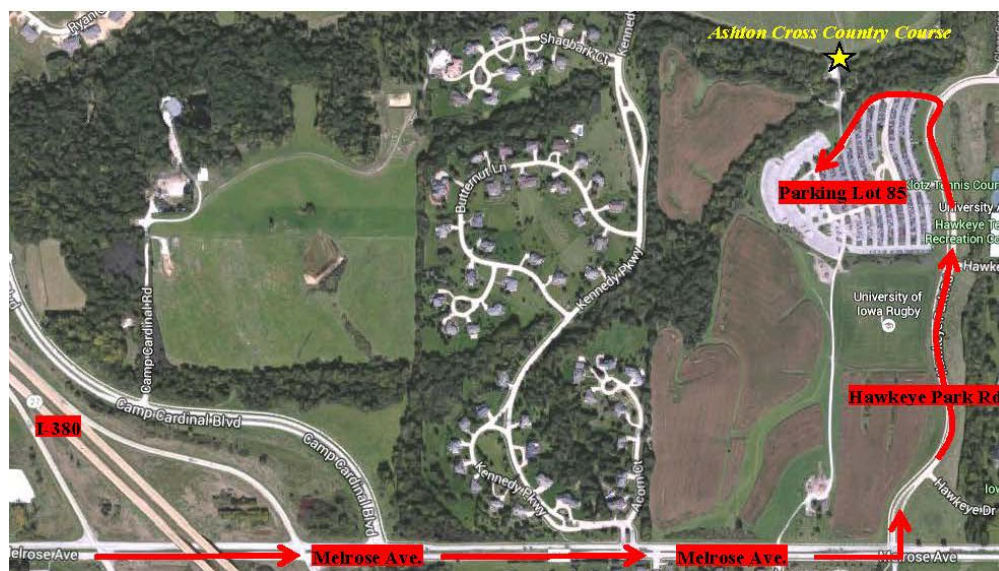
Shower facilities will be available at the Hawkeye Tennis and Recreation Complex (HTRC). The HTRC is located about 0.5 mile south of the course ([2820 Prairie Meadow Dr., Iowa City, IA 52246](http://2820PrairieMeadowDr.IowaCityIA52246)). If interested in utilizing the shower facilities, please indicate the request on the "Team Travel Form" (page 7).



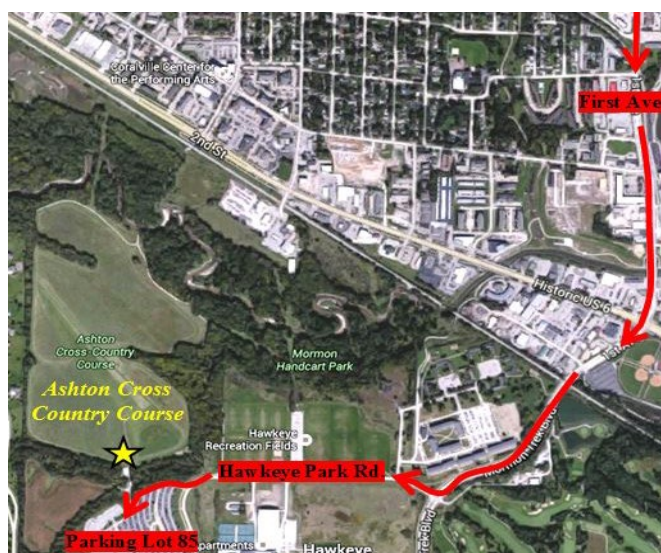
UNIVERSITY OF IOWA CROSS COUNTRY HAWKEYE INVITATIONAL

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).



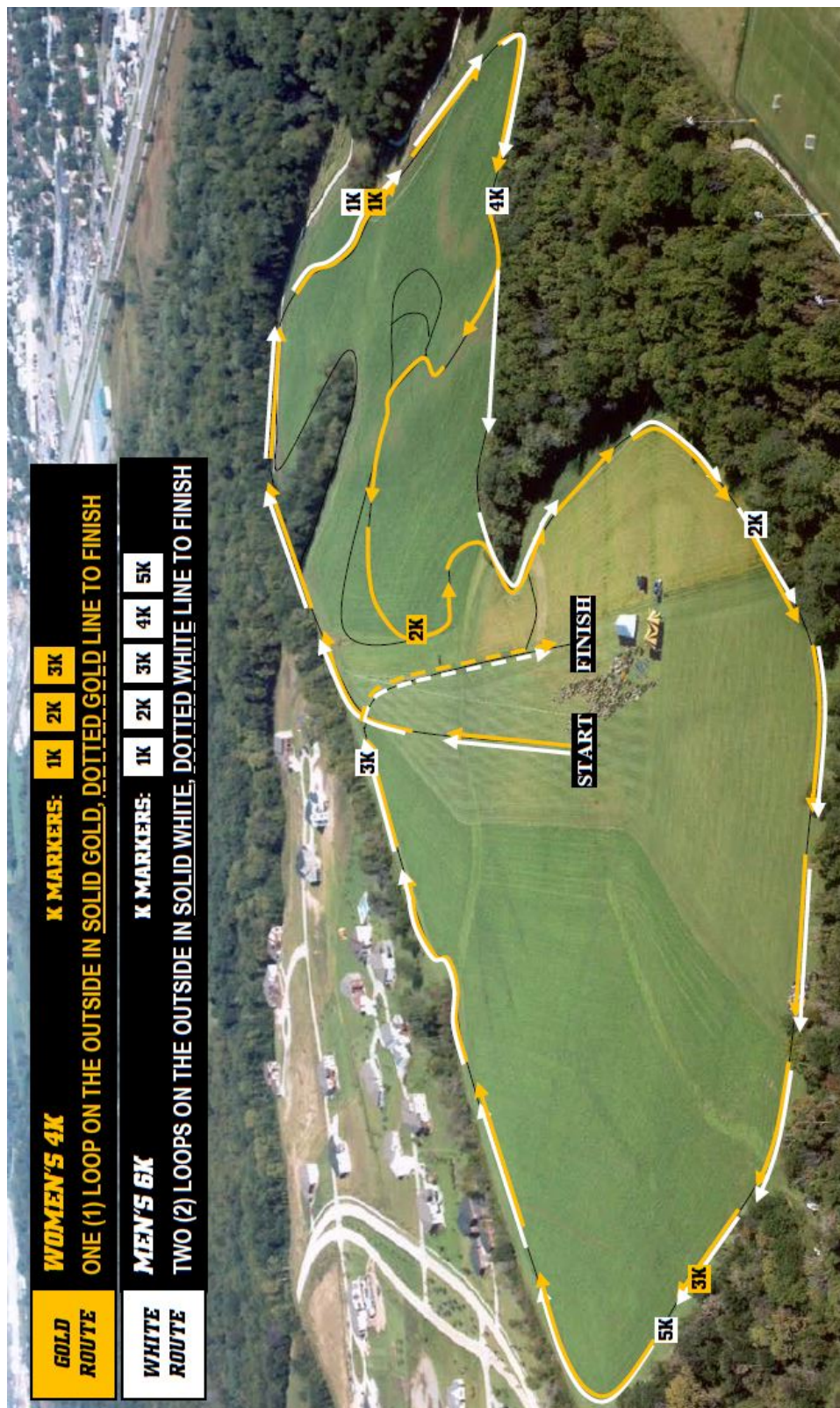
From Interstate 80: Take Exit 242 (First Avenue). Turn onto First Avenue (right from east bound, left from west bound). Follow First Avenue, going south, through the Highway 6/ Second Street and First Avenue intersection. First Avenue turns into Mormon Trek Boulevard after the intersection. Continue 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).





UNIVERSITY OF IOWA CROSS COUNTRY HAWKEYE INVITATIONAL

COURSE DIAGRAMS (4K & 6K ROUTES)





UNIVERSITY OF IOWA CROSS COUNTRY HAWKEYE INVITATIONAL

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: _____

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, August 31** to:
Email: shawn-koenigsberg@uiowa.edu