

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, the word "IOWA" is written 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 bold, 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 runners are visible on the track. The stadium has a high, arched wooden ceiling with bright lights. In the background, there are banners and a sign that says "IOWA".

**LARRY WIECZOREK**  
**INVITATIONAL**

**JANUARY 21-22 2022**



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**CONTACT INFORMATION**

**EVENT MANAGEMENT**

	<b><u>OFFICE</u></b>	<b><u>CELL</u></b>	<b><u>EMAIL</u></b>
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**IOWA COACHING STAFF**

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**MEDIA**

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Brock Busick	319-335-9411	515-979-9812	<a href="mailto:brock-busick@uiowa.edu">brock-busick@uiowa.edu</a>

**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 Director		612-849-0713	<a href="http://josh@wayzataresults.com">josh@wayzataresults.com</a>
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**EVENT CHECK-IN // STAGING**

**FIELD EVENTS:** Check-in for all field events takes place at the event site.

**RUNNING EVENTS:** Competitors are to report to the 'Clerking Area' in the northeast corner of the Track Facility 20 minutes prior to their race to receive hip numbers (pg. 5). Coaches and athletes are strongly encouraged to share scratches ahead of time at either the Clerk's table or timing trailer throughout the day. At this time, athletes are to only bring their warm-ups and spikes over to the track (no backpacks). Heats will be assigned a staging area in sequential order ~five (5) minutes prior to race. Heats will be escorted from staging area to start line for race. Competitors are to be race ready and warm-up gear will remain in staging area during race.

**HOSPITALITY**

Complimentary hospitality for coaches and team staff will be available inside the Track Facility, up on the south balcony (pg. 5). An area designated for athlete hospitality will be in Jacobson (pg. 7). Each team is responsible for providing their own team meals. Food vendors are to drop-off team meals at the team entrance and escorted to team's hospitality room by team staff. Only small snack items are allowed (i.e. granola bars) in the warm-up facility.

**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). To receive results electronically, please contact Hannah Ossman ([hannah-ossman@uiowa.edu](mailto:hannah-ossman@uiowa.edu)) or Brock Busick ([brock-busick@uiowa.edu](mailto:brock-busick@uiowa.edu)). The meet will be streamed on BTN+.

**MEDICAL SERVICES**

Athletic Training will be available beginning two (2) hours before competition on Friday and Saturday. An area designated for medical care will be available in either the Jacobson Building or the Indoor Practice Facility during specific times listed below. 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.

**ATHLETIC TRAINING ROOM HOURS:**

- **Friday, January 21**
  - 12:00 p.m. to 4:00 p.m. Athletic Training Room available inside lower Jacobson (pg. 7)
  - 4:00 p.m. to last event Athletic Training Room available inside Indoor Practice Facility (pg. 6)
- **Saturday, January 22**
  - 10:00 a.m. to last event Athletic Training Room available inside Indoor Practice Facility (pg. 6)

The University of Iowa Athletics does not have a set COVID-19 testing or vaccination policy for competitors attending our home meets at this time. Competitors will follow their specific institution's guidelines.

**PRACTICE // WARM-UP AREAS**

The Indoor Track Facility will be available for practice after 4:30 p.m. on Thursday. The facility will also be available for practice on Friday from 8:00 a.m. to 12:00 p.m. and Saturday from 8:00 a.m. to 10:00 a.m. Warm-up areas will be located in the Indoor Football Practice Facility (IPF) starting at 4:00 p.m. on Friday and 10:00 a.m. on Saturday (pg. 6). All warm-ups must be done inside the IPF. Entrance to the IPF is located outside the northwest doors of the Track Facility (pg. 8). Specific warm-up times for select races are identified on the schedule of events. Competitors in those identified races are able to complete warm-ups on the track during the available time listed.

**SPECIAL PRESENTATIONS**

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' (pg. 5) prior to the 4x400m relays.

**SPIKE 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. Spike check will not occur for this meet.



### TEAM DROP-OFF // ENTRANCE


The team loading zone is located on the east side of the track facility, off of Lot 43N Dr. (pg. 8). Team vehicles must pull into the reserved parking stalls and off of the street. 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. Teams are to enter the Jacobson Building through the loading dock glass doors. Once teams have checked in and received proper wristbands, they may enter the Track Facility from the west entrance as well.

**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.

### TEAM PARKING

**BUSES:** Buses are to park out at the Hall of Fame Parking Lot (Lot 71) (pg. 9). To access Lot 71 from the team loading zone, 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.

**PASSENGER VEHICLES:** Each passenger vehicle listed on the team's travel form will be issued parking permits for the necessary facilities. Specific parking permits will be required for passenger vehicles to park at each facility during both days of competition. Teams will receive parking permits in their team packet.

- **Indoor Track Parking:** Team vehicles are to park one of the reserved spaces within Lot 43NW, directly west of the Track Facility (pg. 8). Designated spaces are marked with a cone and sign:  To access spaces from the team loading zone, turn right onto Evashevski Dr. and then an immediate right into Lot 43NW. Valid parking permit: "Lot 43NW Reserved Team Parking"
  - **Saturday, January 22:** Starting at 2:00 p.m., Lot 43 will be controlled and cashiered for the home Men's Basketball game at 3:30 p.m. inside Carver-Hawkeye Arena. After 2:00 p.m., the parking fee for Lot 43 is \$5 per vehicle and payable upon entry. Team's reserved parking permit will be required to continue accessing the lot free of charge after 2:00 p.m.
- **Throws Parking:** Passenger vehicle parking is available in the Student Lot, east of the Hawkeye Tennis and Recreation Complex (pg. 9). Permits are required for the Student Lot and are not valid for any metered space.

### WEIGHT THROW // SHOT PUT COMPETITIONS

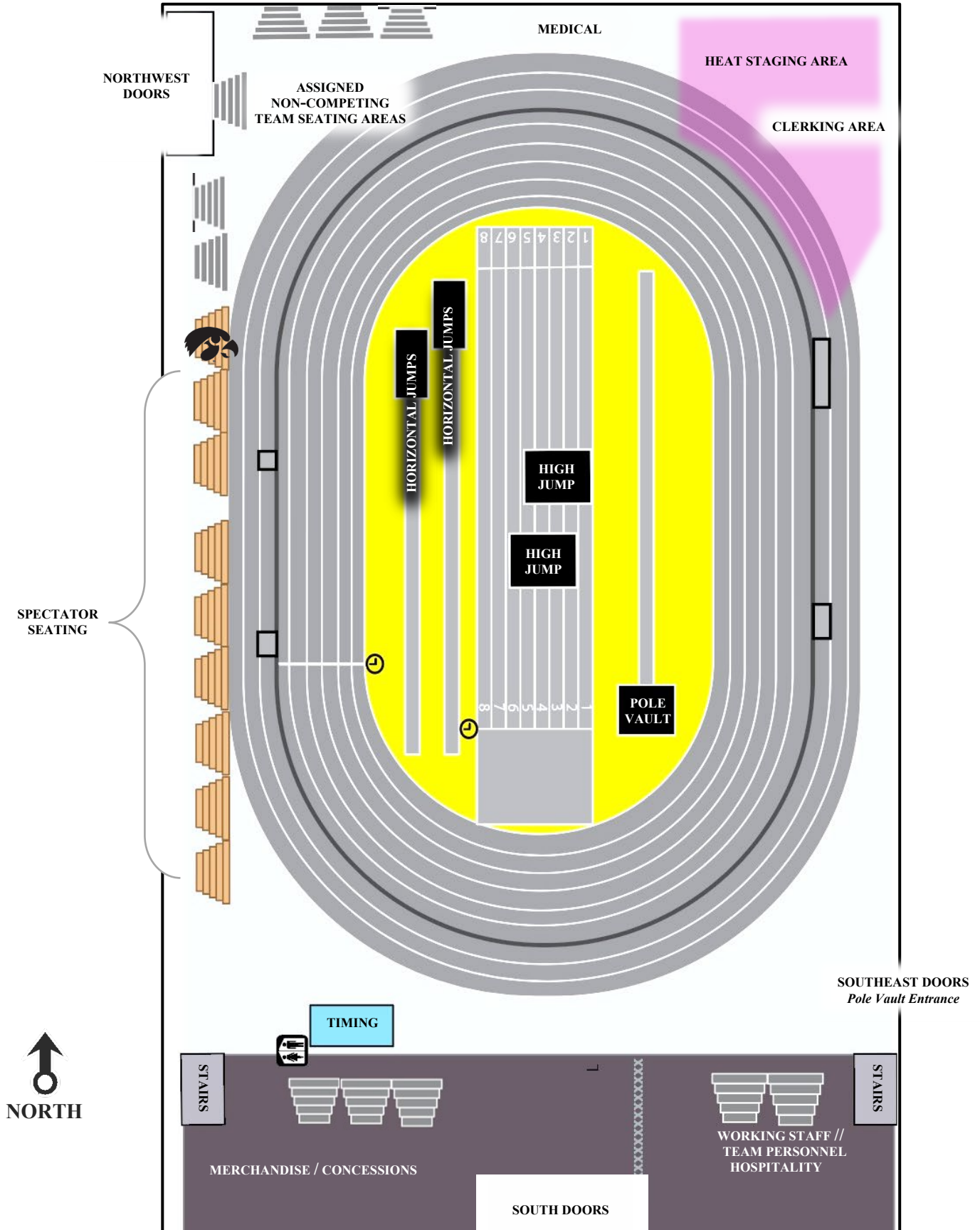
The Weight Throw and Shot Put competitions will be held at the Hawkeye Tennis and Recreation Complex (HTRC) on Friday (pg. 9). Implement inspection will be available at the HTRC starting 90 minutes prior to the start of the event. Competitor bibs will be included in team packets for pick-up at the Track Facility. The bibs for the throws competitors may be separated from the team if requested.

### WRISTBANDS

Traveling team staff and student-athletes indicated on the team's travel form will be provided a white wristband inside the team packet. Wristbands must be worn at all times to gain access to all facilities and areas restricted to the general public during competition days.



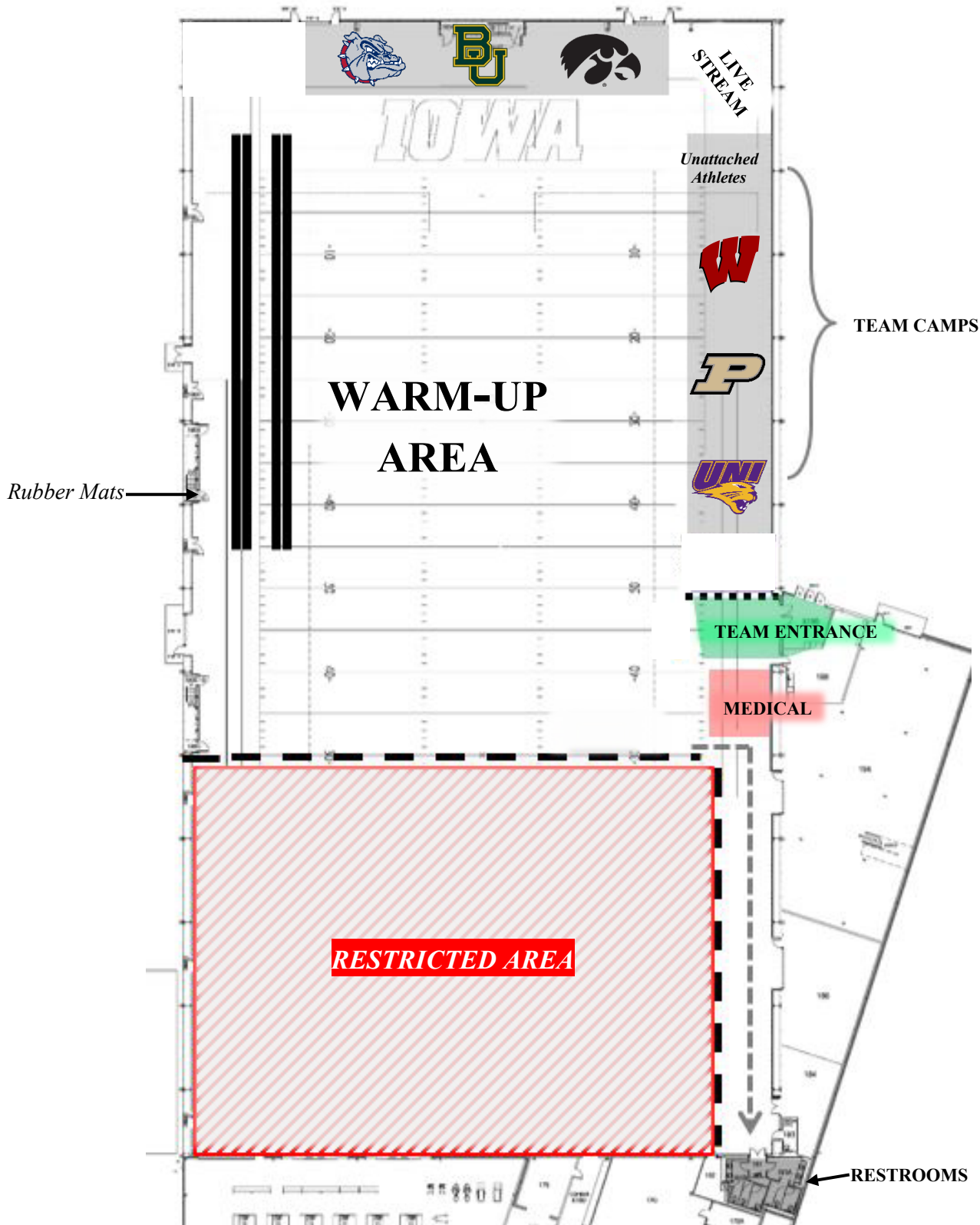
INDOOR TRACK FACILITY





INDOOR FOOTBALL PRACTICE FACILITY (IPF)

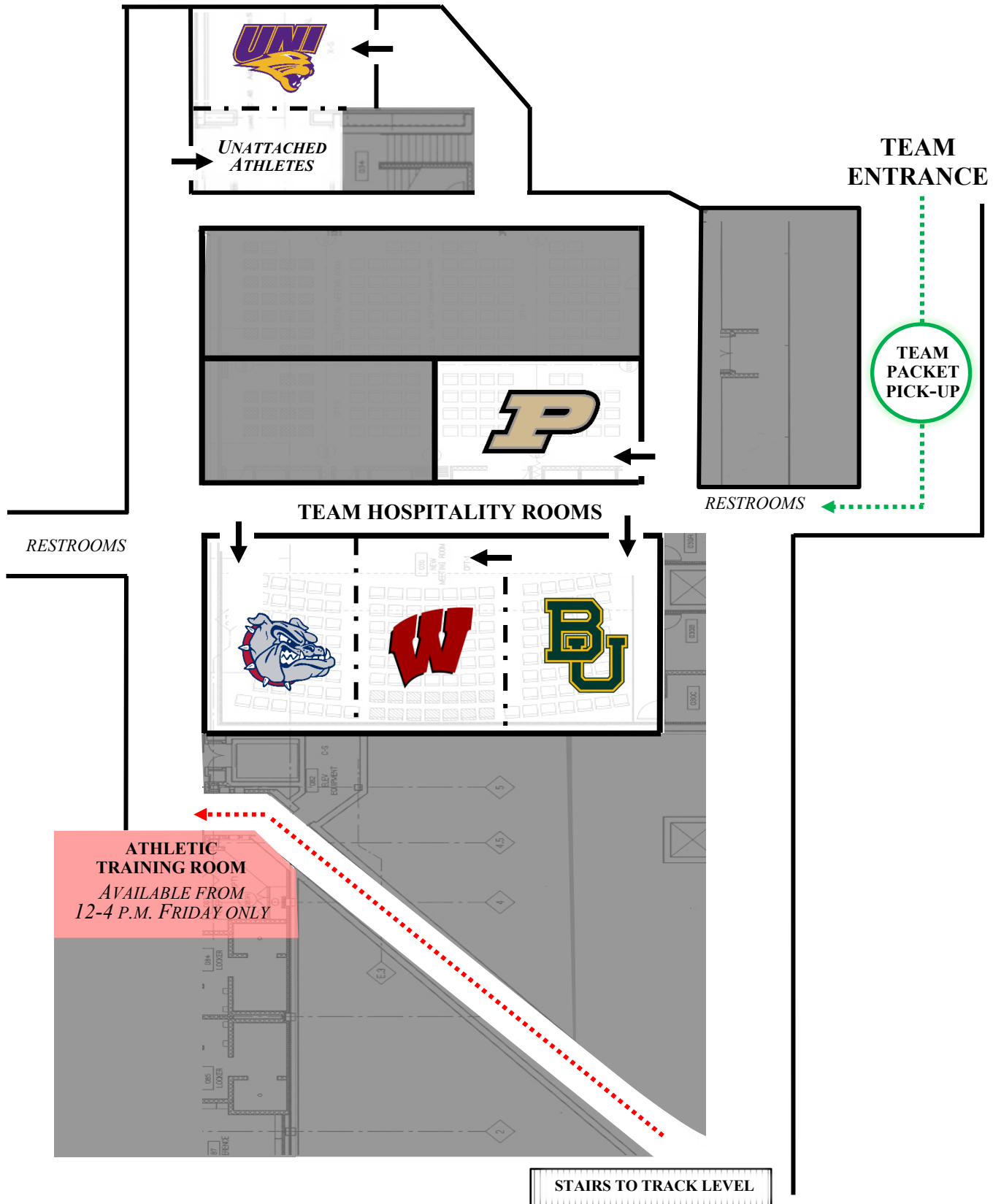
TEAM CAMPS // WARM-UP AREA





**JACOBSON BUILDING - LOWER LEVEL**

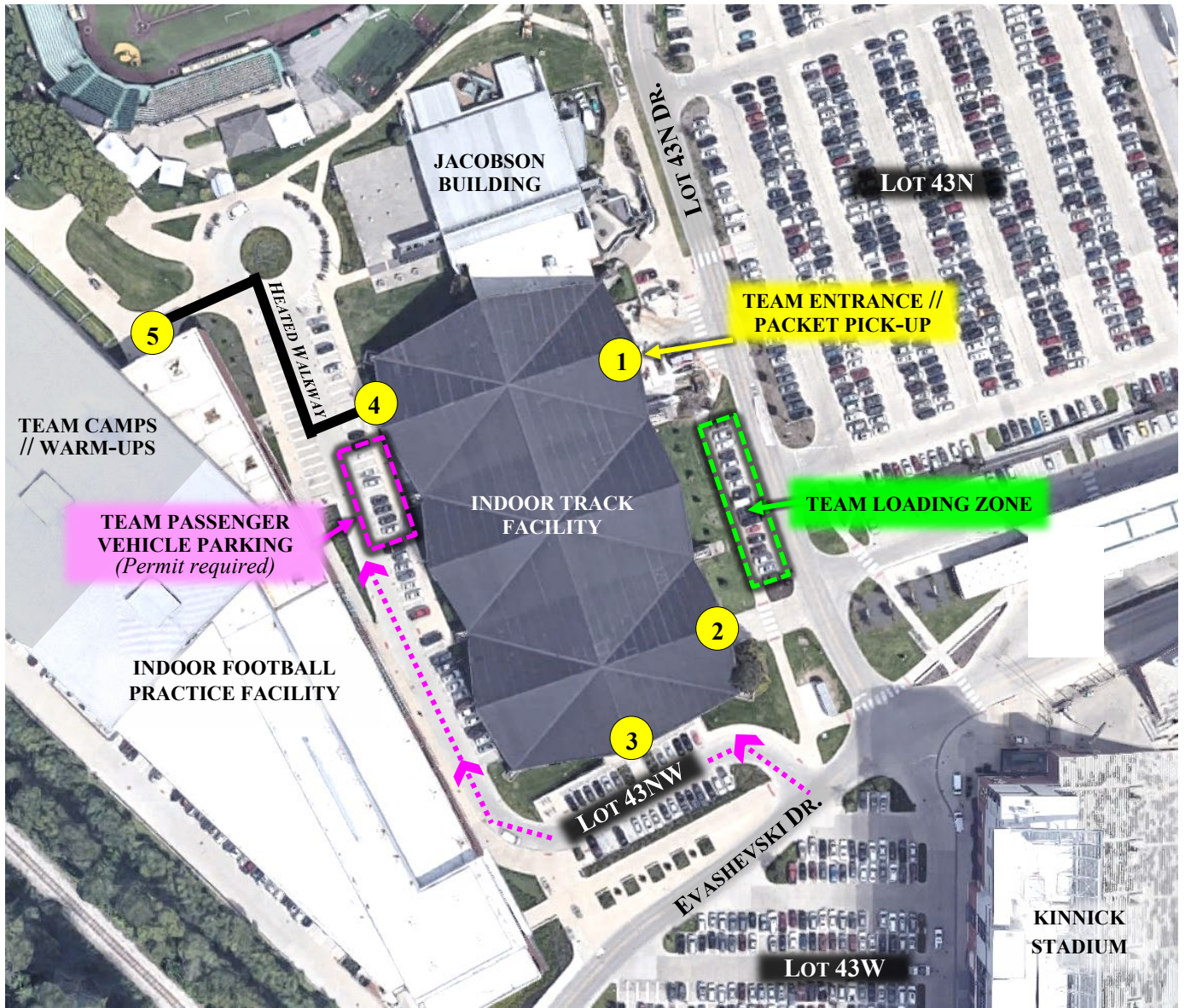
TEAM ENTRANCE // HOSPITALITY ROOMS





**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
- ③ Spectator Entrance
- ④ Team Entrance Only (*once team has been checked in and received proper wristbands*)
- ⑤ Entrance to Indoor Football Practice Facility





### 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 either entrance (indicated in **GREEN**). Passenger vehicle parking is available in the Student Lot, east of the HTRC (indicated in **PINK**). Permits are required for the Student Lot and are not valid for any metered space. Each passenger vehicle listed on the team's travel form will be issued parking permits for the necessary facilities. Teams will receive all requested parking permits in their team packets upon arrival for practice.

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.

