



IOWA TRACK & FIELD

VISITING TEAM MANUAL



HAWKEYE INVITATIONAL
JANUARY 12-13, 2024

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CONTACT INFORMATION

EVENT MANAGEMENT		CELL	EMAIL
Shawn Koenigsberg, Event Manager		319-231-0707	shawn-koenigsberg@uiowa.edu
 COACHING STAFF			
Joey Woody, Director of Program	319-330-3753		joey-woody@uiowa.edu
Randy Hasenbank, Associate Head Coach (<i>Distance</i>)	205-310-1534		randy-hasenbank@uiowa.edu
Hadrien Choukroun, Assistant Coach	319-330-4456		hadrien-choukroun@uiowa.edu
Chyna Davis, Assistant Coach	319-930-7490		chyna-davis@uiowa.edu
Shayla Houlihan, Assistant Coach + Assistant Operations	319-530-7583		shayla-houlihan@uiowa.edu
Ray Robinson, Assistant Coach (<i>Throws</i>)	740-603-1823		raymond-robinson@uiowa.edu
Jason Wakenight, Assistant Coach	630-362-0810		jason-wakenight@uiowa.edu
 MEDIA			
John Leo	319-429-1075		john-leo@uiowa.edu
 MEDICAL			
Doug West, Athletic Trainer	319-530-5173		douglas-west@uiowa.edu
 WAYZATA RESULTS			
Josh Gerber, Wayzata Director	612-849-0713		josh@wayzataresults.com



ATHLETE REGISTRATION

Meet registration will take place on directathletics.com. **Deadline for registration is 6:00 p.m. (CT) Tuesday, January 9.** There is no entry fee. Open to non-collegiate competitors; register on hawkeyesports.com/track-and-field-unattached-entries prior to entry deadline for approval.

EVENT CHECK-IN + STAGING

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.

HORIZONTAL JUMPS

The following distances will be available from the board to the pit. Any coach that will need a board further from the pit should submit their request to Shawn Koenigsberg (shawn-koenigsberg@uiowa.edu) no later than 48 hours prior to the start of the competition.

Men's + Women's Long Jump: wood board only at 9 ft.

Women's Triple Jump: wood board at 36 ft. or tape board at 32 ft.

Men's Triple Jump: wood board at 43 ft. or tape board at 39 ft.

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. Live scoring will also be available on hawkeyesports.com/tracklive. To receive results electronically and/or submit media credential requests, please contact John Leo (john-leo@uiowa.edu). The meet will be streamed on BTN+.

MEDICAL

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

Athletic Training Room Hours:

Saturday, January 13

- 8:00 a.m. to 10:00 a.m.
- 10:00 a.m. to last event

Athletic Training Room available inside Lower Jacobson Building (pg. 7)

Athletic Training Room available inside Indoor Practice Facility (pg. 6)

PACKETS + WRISTBANDS

Coaches may pick-up packets upon arrival inside the team entrance, located on the east side of the Jacobson Building (pg. 8). For teams checking into hotel prior to practicing, packets may be delivered to the hotel upon request. Please include team's anticipated arrival time and location on the 'Team Travel Form' (pg. 10). Traveling team staff and student-athletes indicated on the team's travel form will be provided a yellow 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. Unattached athletes are to pick-up bibs and wristbands at the check-in table, located on the south balcony (pg. 5).

PRACTICE + WARM-UP AREAS

The Indoor Track Facility will be available for practice after 5:00 p.m. on Friday. Warm-up areas will be located in the Indoor Football Practice Facility (IPF) starting at 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 short sprints and select premier 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.

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 Hawkeye Ramp 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. For team's convenience, a separate entrance on the southeast corner of the track facility will be available for individuals carrying Pole Vault equipment during scheduled practice times.

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 the throws facility during the day of competition. Teams will receive parking permits in their team packet.

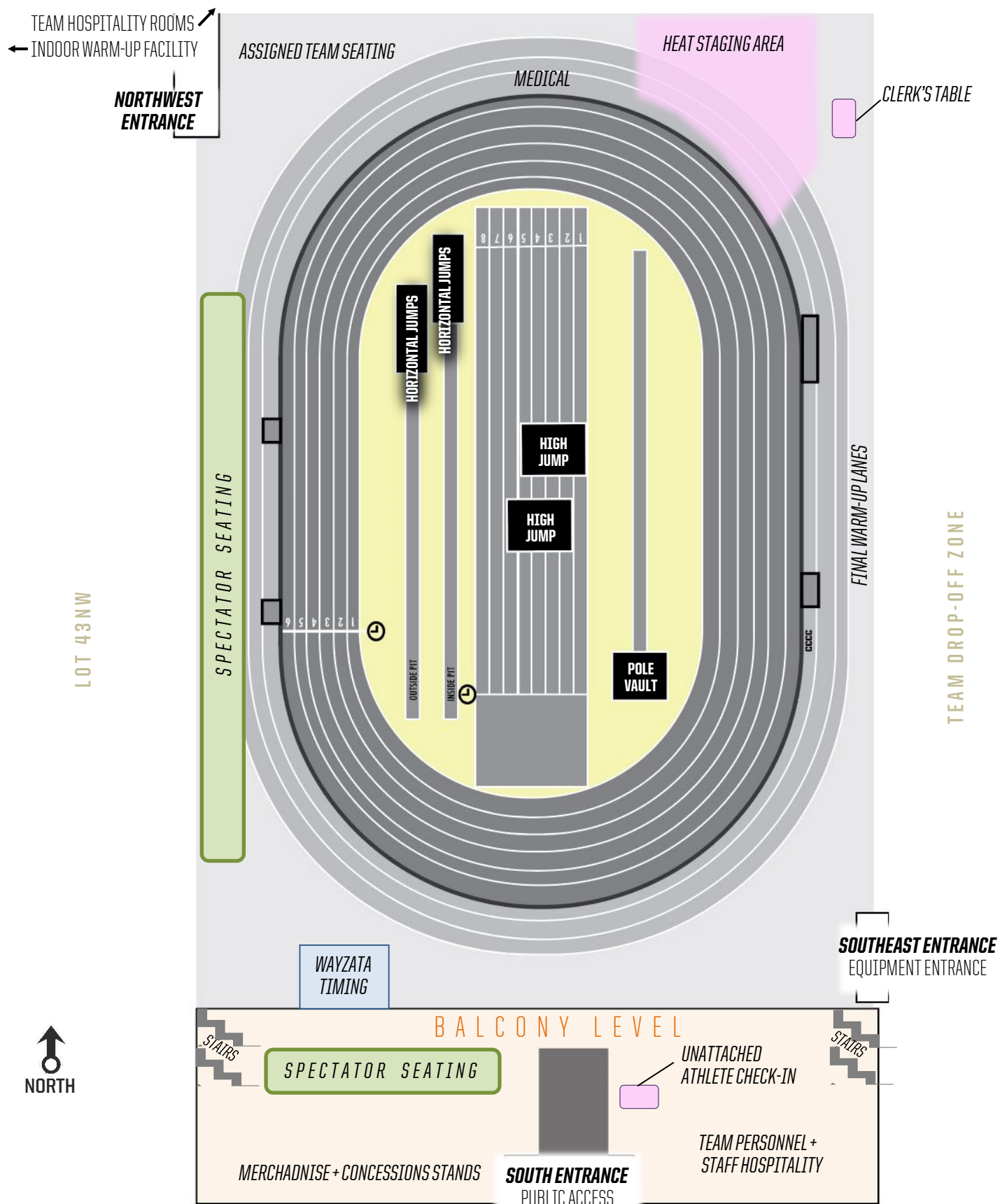
- *Indoor Track Parking:* Available within Lot 43, directly south of the Track Facility (pg. 8). Permits are not required.
- *Throws Parking:* Passenger vehicle parking is available in the Student Lot, east of the Hawkeye Tennis and Recreation Complex (pg. 9). Permits are required for the Student Lot and are not valid for any metered space.

THROWING 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. The bibs for the throws competitors may be separated from the team if requested.



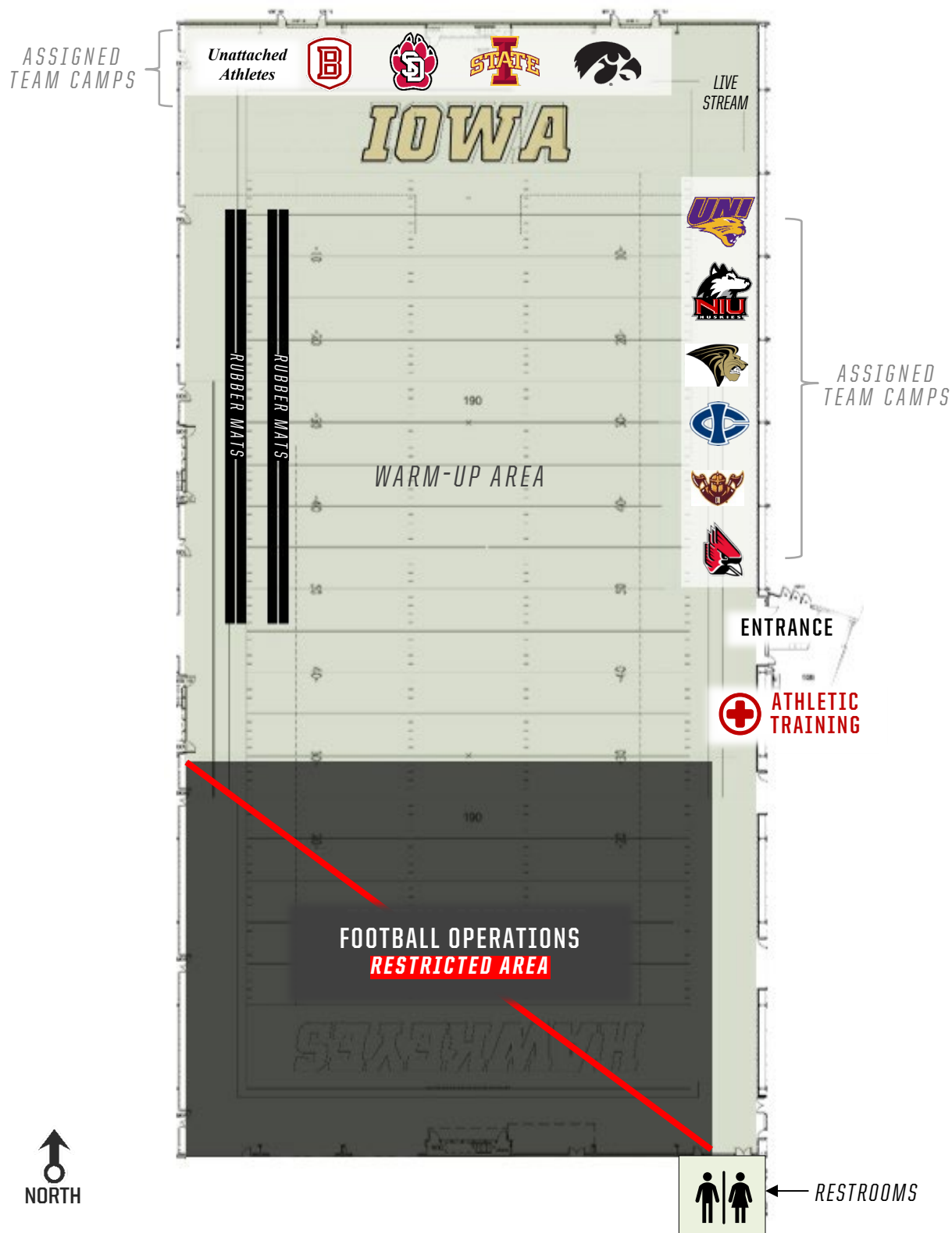
INDOOR TRACK FACILITY





INDOOR FOOTBALL PRACTICE FACILITY

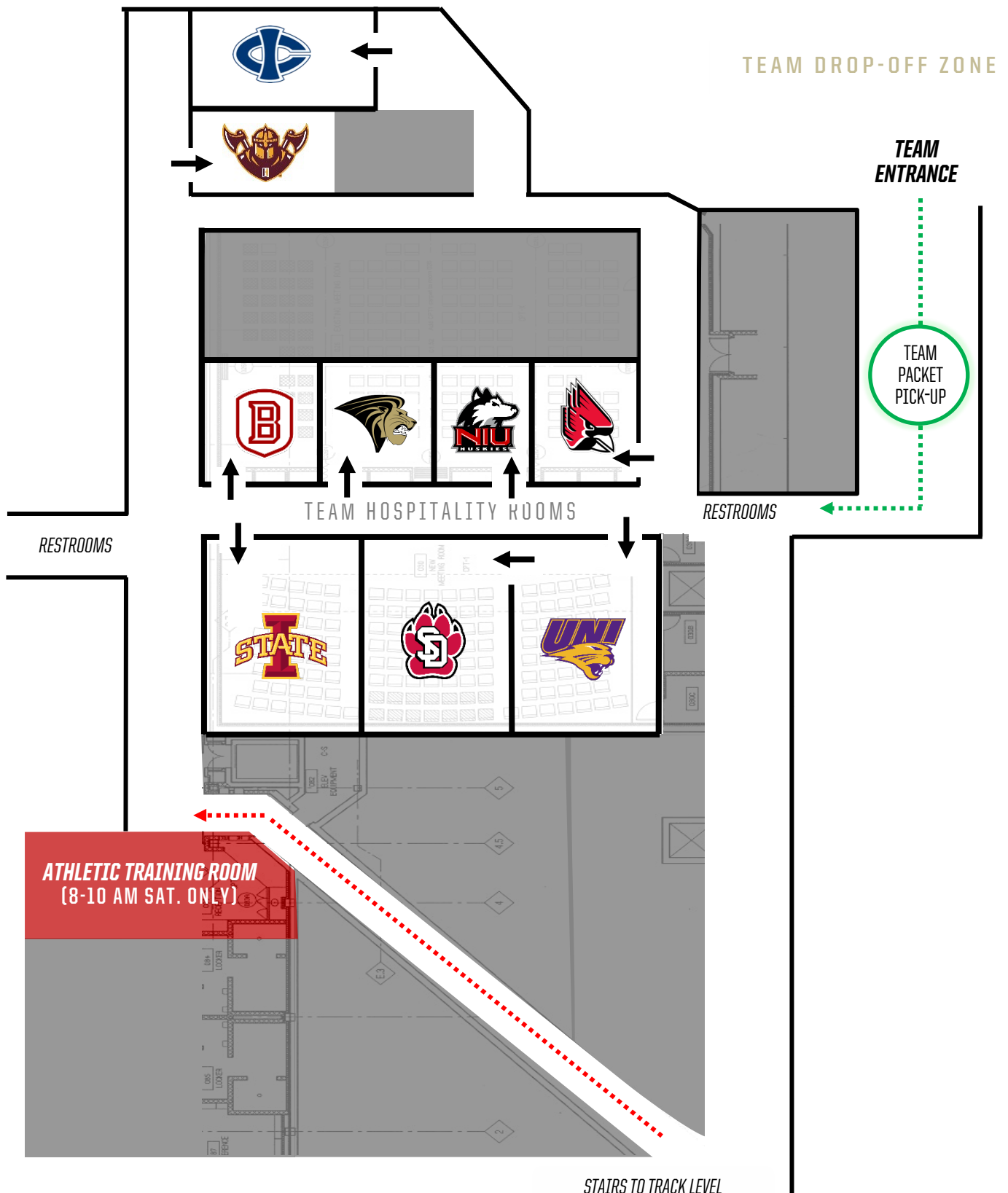
TEAM CAMPS • WARM-UP AREA





LOWER JACOBSON BUILDING

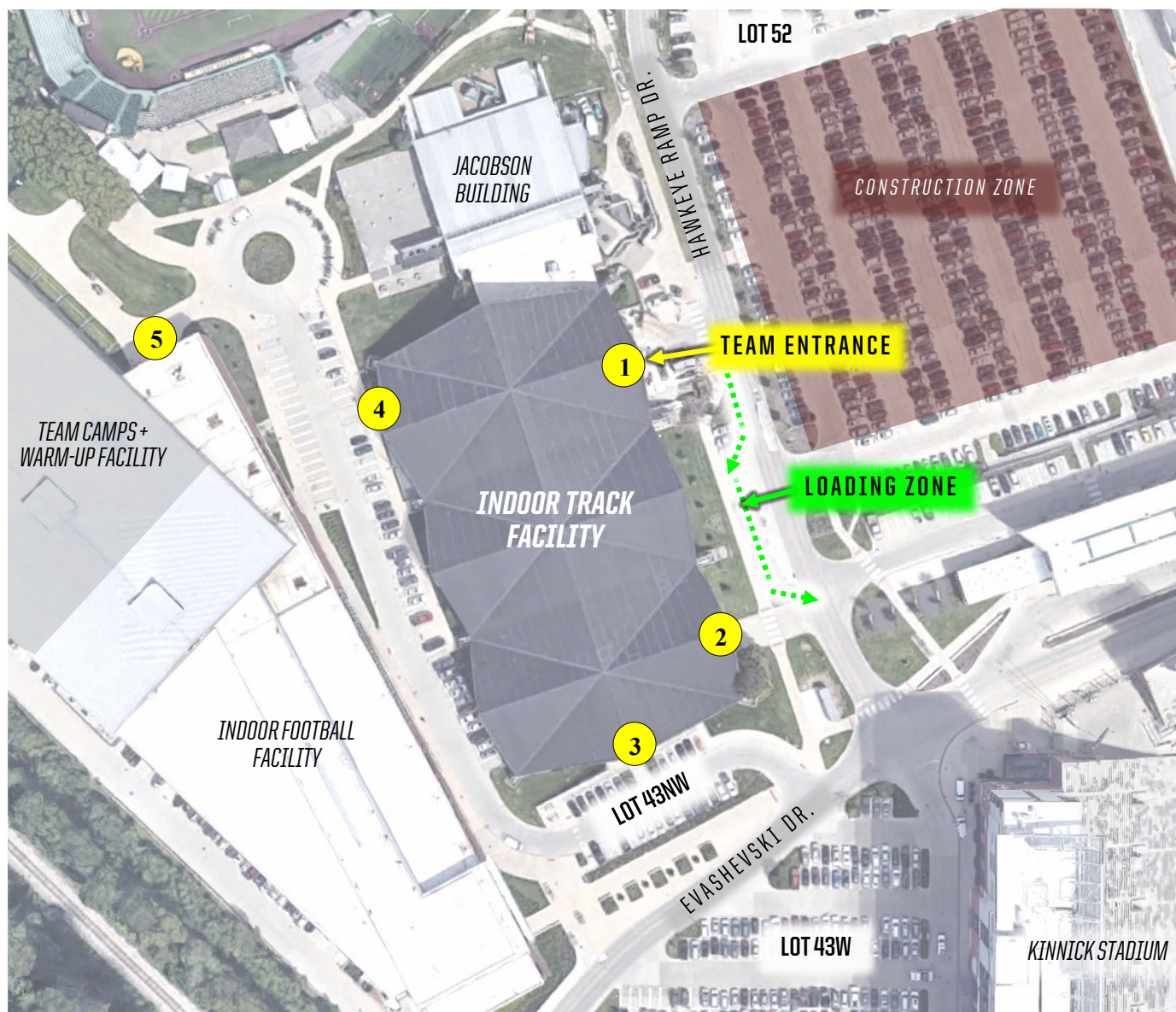
TEAM ENTRANCE • HOSPITALITY ROOMS





ACCESS TO TRACK + WARM-UP FACILITIES

TEAM 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





THROWS COMPETITION VENUE

PARKING • ENTRANCE

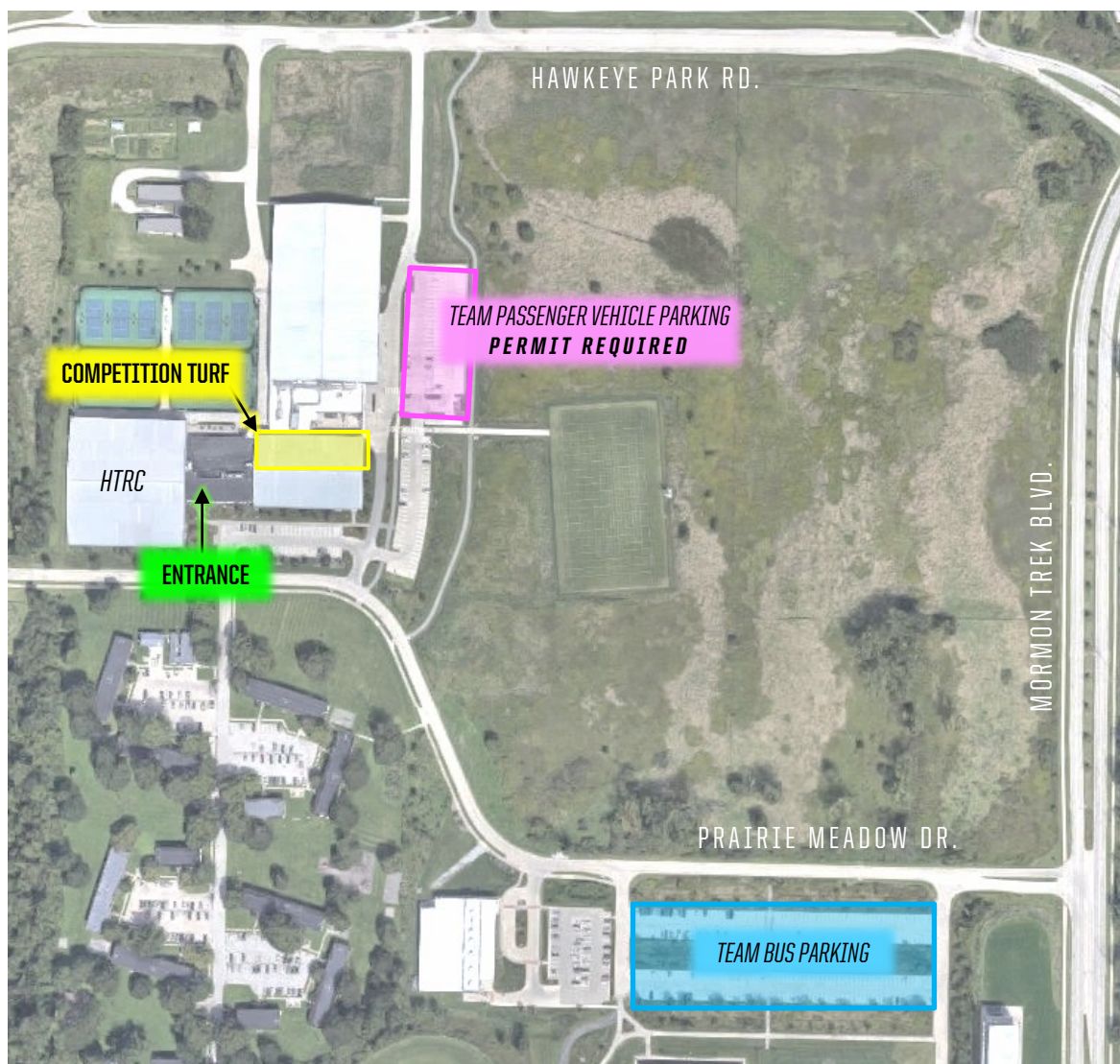
DIRECTIONS

Hawkeye Tennis & Recreation Complex (HTRC); **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**). Permits are required for the Student Lot and are not valid for any metered space. To receive proper parking permits, please include transportation plan on the 'Team Travel Form' (pg. 10). 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.



**TEAM TRAVEL FORM**

INSTITUTION: _____

GENDER(S): _____

LODGING

Hotel: _____

Check-in Date: _____ Time: _____

VEHICLES • ARRIVAL TIME*Total quantity of vehicles:*

Buses: _____

Passenger Vehicles: _____

INDOOR TRACK FACILITY*Practice on Friday:*

Arrival Time: _____

Competition on Saturday:

Arrival Time: _____

THROWS VENUE*Competition on Friday in HTRC:*

Arrival Time: _____

Passenger Vehicles: _____

PACKET PICK-UP

Date: _____ Time: _____

Location(s): _____

TEAM MEAL VENDORS*Team staff meeting delivery:*

Name / Title: _____

Cell Phone: _____

WRISTBANDS

Athletes Traveling: _____

Team Staff Traveling: _____

ONSITE CONTACT

Name / Title: _____

Cell Phone: _____

TRAVEL PARTY

Head Coach: _____

Associate Head Coach: _____

Assistant Coaches: _____

Director of Operations: _____

Volunteer Coaches: _____

Administrative Staff: _____

Medical Staff: _____

Email: _____**Cell:** _____

Media Staff: _____

Email: _____**Cell:** _____

Other (please specify): _____

Please complete and return prior to 5:00 p.m. (CT) on **Monday, January 8** to:
Shawn Koenigsberg (shawn-koenigsberg@uiowa.edu)