

**University of Iowa
Musco Twilight X
Men's and Women's Track and Field Meet**

Date: Saturday, May 3, 2008

Place: Cretzmeyer Track and Field Complex
University of Iowa
Iowa City, IA

Participating Teams: Drake, Minnesota, UNI, Wisconsin and Iowa
CLOSED TO ALL OTHER TEAMS AND OPEN ATHLETES.

*Elite open athletes by approval only; must contact
Scott Cappos at scott-cappos@uiowa.edu by 11 a.m. Monday, April 28th.
ELITE UNATTACHED ENTRIES ONLY, UNATTACHED ENTRIES WILL NOT
BE ALLOWED WITHOUT APPROVAL.*

Entry Procedure: Please refer to the tentative events time schedule attached.

There will be a visiting team squad limit of 34 per team.

Entry limits: Four (4) per field event.

"B" teams will be permitted in the 4x400m relay event.

Registration for this year's Iowa Invitational will take place via the Internet at www.directathletics.com. Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 4 p.m. Tuesday, April 29th.

Entry Fee: \$200 per team (per gender) or \$20 per athlete for partial team (9 or fewer athletes)

Check In: Meet information, competitors' numbers and heat sheets will be in the team packet. **All scratches will be between 1:30 and 2:00 p.m. when you pick up your packet on the day of the meet.**

Implement Weigh In: at the track and field shed: Saturday from 12:00-1:45 p.m. Return to pick up implements after 2:00 p.m.

Meet Conduct: NCAA rules will be followed.

Blocks: Blocks will be furnished and may be held by teammates to keep from slipping.

Scoring: Meet will not be scored.

Surfaces & Spikes: 400 meter poured track surface. Athletes are required to wear 1/4" spikes or less. **All spikes will be inspected.** Javelin and Jump runways are of the same material. The throwing circles are concrete.

Track Inspection/Practice: Track is open for inspection and practice after 4 PM on Friday.

Team Parking: Park east of the Cretzmeyer Track in the gravel lot off Highway 6 by the hammer area.

Dressing/Showering Facilities: Dressing and shower facilities will be available at the meet site in the men's and women's locker rooms located in the lower level of the Recreation Building. You will need to bring your own towels.

Athletic Training Facilities: Athletic trainers and training facilities will be available to all teams throughout the duration of the meet and two hours prior to competition.

Housing: Please make your housing arrangements soon if you have not already done so. An Iowa City/Coralville visitor's guide is enclosed to aide with any travel plans.

Additional Information: If you have any further questions, please contact Coach Scott Cappos at (319) 335-9392.

COACHES' INSTRUCTIONS

Competitors must wear their numbers on the front, except for pole vault. Athletes must wear hip numbers on their left hip. They must pick up hip numbers at the clerk's tent when they check-in for their event.

When they have finished competing, they must retain their credential to re-enter any sites of competition or team areas. Security will not permit any person who lacks a credential into team areas or event sites

Calls for events will be as follows:

- 1st call – 15 minutes before event
- Final call – 5 minutes before event

Only athletes competing in on-going field events will be permitted on the infield of the track. Coaches please stay off the infield.

Check-in for all running events is at the clerk of course tent located at the start of the 100m dash in the northwest corner of the track. Check-in for field events takes place at the event site.

Please turn relay cards in to the announcer's table at least 30 minutes prior to the event.

Starting heights:

men's PV: 4.00m (15cm increments)
men's HJ 1.80m (5cm increments)

women's PV 3.00m (15cm increments)
women's HJ 1.50m (5cm increments)



MUSCO TWILIGHT X TRACK AND FIELD MEET
SATURDAY, May 3, 2008

SCHEDULE OF EVENTS

Field Events:

- 3:00 p.m. Discus Men (Women to follow)
Hammer Women (Men to follow)
Long Jump Women (Men to follow)
- 5:00 p.m. Pole Vault Men (women to follow)
High Jump Women (Men to follow)
Triple Jump Women (Men to follow)
- 6:30 p.m. Shot Put Men (Women to follow)
Javelin Women (Men to follow)

PRELIMS

- 4:45 p.m. Opening Ceremonies/National Anthem
Senior Acknowledgements
- 5:00 p.m. 110/100m Hurdles Prelims (men then women)
- 5:15 p.m. 100m Prelims (men then women)
- 5:30 p.m. Kids races

<u>Running Events (men then women)</u>		<u>SECTIONS</u>
6:00 p.m.	4x100m	1
6:15 p.m.	1,500m	1
6:30 p.m.	100/110m Hurdles	1
6:45 p.m.	400m	2
7:00 p.m.	100m	1
7:15 p.m.	800m	2
7:35 p.m.	400m Hurdles	2
8:00 p.m.	3,000m Steeple	1
8:40 p.m.	200m	2
9:00 p.m.	5,000m Women	1
9:15 p.m.	4x400m Relay	1-2
9:30 p.m.	5,000m Men	1

B sections will start at 3 p.m. if needed.

TEAMS:

Drake
Minnesota
Wisconsin
University of Iowa
University of Northern Iowa