

**University of Iowa  
Iowa Invitational  
Men's and Women's Track and Field Meet**

**Date:** Friday, February 21, 2014 at 4 p.m.  
Field events will begin at 4 p.m. and running events will begin at 5:00 p.m.

**Place:** Recreation Building  
University of Iowa  
Iowa City, IA

**Participating Teams:**

**IOWA**

**Bradley**

**Drake**

**Central College**

**Iowa Wesleyan**

**Simpson College**

**Western Illinois**

**Entry Procedure:** Please refer to the tentative events time schedule attached. There will be a squad limit of 32 per team.

**Entry Limits:** Maximum four per race (200m-800m) and four per field event unless improved by meet management

*Unattached athletes by approval only; must contact Scott Cappos at scott-cappos@uiowa.edu by 6 p.m. Tuesday, the week of the meet. You will not be entered until you are confirmed via email.*

“B” teams will be permitted in relay events.

Registration for this year's Iowa Invitational will take place via the Internet at [www.directathletics.com](http://www.directathletics.com). Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 12 p.m. Wednesday, February 13th

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

**Meeting:** **Head Coaches Meeting at 3:30 p.m.**

**Check In:** Meet information, competitors' numbers and heat sheets will be in the team packet. Team packets can be picked up at 3:00 p.m. at the score table.

**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:** 200 meter track surface is MondoSuperX. Athletes are required to wear ¼” spikes or less. **All spikes will be inspected.** Jump runways are of the same material. The throwing circle is wood.

**Track Inspection/Practice:** Track is open for inspection and practice from 2:00 p.m.-3:30 p.m. on Friday.

**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. Training room will be open at 2:00 p.m. and is located in the lower level of the Recreation Building.

**Housing:** Please make your housing arrangements soon if you have not already done so. A 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) 471-8292.

# IOWA INVITATIONAL INDOOR TRACK AND FIELD FEBRUARY 21, 2014 Schedule

## Field Events:

4:00 p.m.	Long Jump	(m then w)
	Weight Throw	(w then m)
	Pole Vault	(w then m)
5:00	High Jump	(m then w)
6:00	Triple Jump	(m then w)
	Shot Put	(w then m)

## Prelims: (men then women)

5:00 p.m.	60m Hurdles PRELIM
5:15	60m PRELIM

## Running Events: (women then men)

5:30 p.m.	<i>National Anthem</i>
	Mile
	60m Hurdles FINAL
	60m FINAL
	Kids Race
	400m
	600m
	800m
	200m
	3,000m
	4x400m Relay