

2014 Indoor and Outdoor Home Track & Field Meets

Site: <u>Chlapaty Recreation and Wellness Center</u>

A.Y. McDonald Indoor Track

http://www.dbg.edu/athletics/facilities/chlapatyrecreationandwellnesscenter/

Douglas J. Miller Outdoor Track

http://www.dbq.edu/athletics/facilities/chalmersfieldanddouglasjmillertrack/

2000 University Avenue, Dubuque, IA 52001

Entries: Only entries done online will be accepted: <u>www.directathletics.com</u>

UNATTACHED ENTRY INFORMATION - email GGundlach@dbq.edu

Eligibility: Open to participating schools student-athletes and open entries where designated.

Unattached Entries: We will allow unattached and open entries @ \$25/person.

*Waiver/release must be filled out and signed prior to competition. Check in at timers table.

Entry Limitations: Unlimited Entries (individual and relays). Unless otherwise designated.

Entry Fee: \$175 per gender team OR \$350 for both genders. \$25 FOR UNATTACHED ENTRIES

Meet Dates: January 18, 2014 (Saturday): Sol Butler Classic

- Open Meet – Unattached entries allowed – Scoring based on number of teams.

February 21, 2014 (FRIDAY): Spartan Invite

Open Meet – Unattached entries allowed – Scoring based on number of teams.
 April 18, 2013 (GOOD FRIDAY): University of Dubuque Open
 Open Meet – Unattached entries allowed – Scoring based on number of teams.

ACCESS: Only athletes, coaches and staff are allowed on the track **SPECTATORS:** seating available on the mezzanine/grandstands

CONCESSIONS: concessions will be open

SPIKES: Only ½ (or less) inch pyramid or tree spikes are permitted. Please NO NEEDLES. **THROWS:** Shot/Weight on WOOD indoors. All on CEMENT outdoors. Javelin on GRASS.

JUMPS: All jumps to be competed on track surface. Spikes allowed for high jump.

FOOD/DRINK: No food or colored drinks on the track – WATER ONLY

Team food/drink area will be located in the "Mud Room" indoors and visiting bleachers outdoors.

No consumption (other than water) on the track.

Timing: AccuRace Timing Services - www.accuracetiming.com

Parking: Bus parking along McCormick Street.

Athletic Trainers: A certified athletic trainer will be available and the athletic training room will be open one hour prior to the

first event and close thirty minutes after the last event. Teams traveling with a certified athletic trainer are welcome to use our facilities and modalities. Teams traveling without a certified athletic trainer will be assisted by our staff for treatments, taping and injury care. Prior written notification must be provided for

modality treatments. Please provide your own supplies.

Contact Debra Runkle, Medical Coordinator/ Head Athletic Trainer with questions:

Phone: 563-580-6889 Email: drrunkle@dbq.edu

Questions: <u>Meet Director</u>

Venue Info:

Geoff Gundlach Chad Gunnelson

Director of Operations Head Track & Field Coach Assistant Coach Head Cross Country Coach

608-669-1115 608-658-6538

 $\underline{GGundlach@dbq.edu} \qquad \underline{CGunnelson@dbq.edu}$



Sol Butler Classic

Saturday, January 18, 2014

Chlapaty Recreation and Wellness Center

A.Y. McDonald Indoor Track 2000 University Avenue Dubuque, IA 52001

Meet Director: Geoff Gundlach 608-669-1115 GGundlach@dbq.edu

Eligibility: Unlimited entries. Running events timed finals with the exception of 55M Dash/55M Hurdles.

Field events: Trials with 9 to the finals

NCAA Meet Scoring (6 or more teams 6 place scoring): 10-8-6-3-2-1

Entry fees: \$175 per gender team OR \$350 for both genders.

On line registration only at www.directathletics.com

ENTRIES ARE DUE Wednesday January 15, 2014 by 8:00 p.m.

SCHEDULE OF EVENTS:

HEAD COACHES, please check-in at the timer's table upon arrival to submit payment and scratches.

Order of Events:

Women will run 1st in all running events. EXCEPTION: Men will run first in 55M Hurdle finals. Fast heats will run last in all running events. Schedule will ROLL after the Men's 3000M.

10:00am Implement Weigh In (Equipment Room Check-in Window)

10:00am Weight Throw - (W/M) Shot Put follows (W/M) **10:00am** Long Jump - (W/M) Triple Jump follows (W/M)

10:30am High Jump -(M/W)

Pole Vault – (W/M)

11:00am Running Events Begin - ROLLING SCHEDULE after the Mile Run

11:00am 4x800M Relay

11:25am 55M High Hurdle Prelims

11:45am 55M Dash Prelims

12:10am Mile Run

12:35pm 55M High Hurdle Finals (*men first)

12:45pm 55M Dash Finals

12:55pm 3,000M Run – Women's 1:20pm 3,000M Run – Men's

1:40pm 400M Dash 2:05pm 4x200M Relay

2:20pm 600M Run (2 Turn Stagger in Lanes)

2:45pm 200M Run

3:15pm 4 x 400 Meter Relay





Spartan Invite

Friday, February 20, 2014

Chlapaty Recreation and Wellness Center

A.Y. McDonald Indoor Track 2000 University Avenue Dubuque, IA 52001

Meet Director: Geoff Gundlach 608-669-1115 GGundlach@dbq.edu

Eligibility: Unlimited entries. Running events timed finals with the exception of 55M Dash/55M Hurdles.

Field events: Trials with 9 to the finals

NCAA Meet Scoring (8 or more teams 8 place scoring): 10-8-6-5-4-3-2-1

Entry fees: \$175 per gender team OR \$350 for both genders.

On line registration only at www.directathletics.com

ENTRIES ARE DUE Wednesday February 18, 2014 by 8:00 p.m.

SCHEDULE OF EVENTS:

HEAD COACHES, please check-in at the timer's table upon arrival to submit payment and scratches.

Women will run 1st in all running events. EXCEPTION: Men will run first in 55M Hurdle finals. Fast heats will run last in all running events. Schedule will ROLL after the Men's 3000M.

3:30pm Implement Weigh In (Equipment Room Check-in Window)

4:00pm Weight Throw - (W/M) Shot Put follows (W/M) **4:00pm** Long Jump - (W/M) Triple Jump follows (W/M)

4:00pm High Jump - (M/W)

Pole Vault -(W/M)

4:30pm Running Events Begin – ROLLING SCHEDULE after the Mile Run

4:30pm Distance Medley Relay

5:00pm 55M High Hurdle Prelims

5:25pm 55M Dash Prelims

5:50pm Mile Run

6:15pm 55M High Hurdle Finals

6:25pm 55M Dash Finals

6:35pm 3,000M Run – Women's 7:00pm 3,000M Run – Men's

7:20pm 400M Dash 7:45pm 4x200M Relay 8:00pm 800M Run 8:25pm 200M Run

8:55pm 4 x 400 Meter Relay





University of Dubuque - Good Friday Open

Friday, April 18, 2014

Chlapaty Recreation and Wellness Center

Douglas J. Miller Outdoor Track 2000 University Avenue Dubuque, IA 52001

Meet Director: Geoff Gundlach 608-669-1115 GGundlach@dbq.edu

Eligibility: Unlimited entries. Running events timed finals with the exception of the 100M Dash and

100/110M Hurdles. Field events: Trials with 9 to the finals

NCAA Meet Scoring (6 or more teams 6 place scoring): 10-8-6-5-4-3-2-1

Entry fees: \$175 per gender team OR \$350 for both genders.

On line registration only at www.directathletics.com

ENTRIES ARE DUE Wednesday April 16, 2014 by 8:00 p.m.

SCHEDULE OF EVENTS:

HEAD COACHES, please check-in at the pressbox upon arrival to submit payment and scratches.

Women will run 1st in all running events. EXCEPTION: Men will run first in High Hurdle finals. Fast heats will run last in all running events. Rolling Time Schedule. We will move ahead.

2:00pm Implement Weigh In (South End Check-In Table)

2:30 Javelin - (M/W) 2:30 Hammer - (W/M)

Shot Put - (M) AFTER COMPLETION OF JAVELIN (W) To Follow Discus – (W) AFTER COMPLETION OF HAMMER (M) To Follow

3:00 Long Jump - (W/M) Triple Jump follows (W/M)
3:00 High Jump - (M/W) Pole Vault follows - (M/W)

4:00pm Running Events Begin - ROLLING SCHEDULE after the 1500M run

4:00pm 4x100 Meter Relay

4:15pm 5,000 Meter Run – Women 4:45pm 100/110M High Hurdle Prelims

5:05pm 100 Meter Dash Prelims

5:30pm SENIOR DAY PRESENTATION

5:40pm 1500 Meter Run (W/M)

6:10pm 110/100 Meter Hurdles (M/W) Finals

6:25pm 100 Meter Dash (M/W) Finals

6:35pm 400 Meter Dash (W/M)
7:00pm 400 Meter IH (W/M)
7:15pm 800 Meter Run (W/M)
7:45pm 200 Meter Dash (W/M)
8:15pm 5,000 Meter Run – Men
8:40pm 4x400 Meter Relay (W/M)



Meet Director:

Geoff Gundlach Director of Operations Assistant Coach Mobile: 608-669-1115

Office: 563-589-3714 GGundlach@dbq.edu

Head Coach:

Chad Gunnelson Head Track & Field Coach Head Cross Country Coach Mobile: 608-658-6538 Office: 563-589-3860

Administration:

Dan Runkle
Director of Athletics
Office: 563-589-3599
DRunkle@dbq.edu

CGunnelson@dbq.edu

Debra Runkle – Medical Coordinator Head Athletic Trainer/Assistant AD O: 563-589-3244 / M: 563-580-6889

DRRunkle@dbq.edu