



University of Dubuque Invitational

Saturday, April 23, 2016

Chlapaty Recreation and Wellness Center
Douglas J. Miller Outdoor Track

2016 Indoor and Outdoor Home Track & Field Meets

- Site:** Chlapaty Recreation and Wellness Center
A.Y. McDonald Indoor Track
<http://www.dbq.edu/athletics/facilities/chlapatyrecreationandwellnesscenter/>
Douglas J. Miller Outdoor Track
<http://www.dbq.edu/athletics/facilities/chalmersfieldanddouglasjmillertack/>
2000 University Avenue, Dubuque, IA 52001
- Entries:** Only entries done online will be accepted: www.directathletics.com
Only athlete's affiliated with a College/University allowed in event competition
- Eligibility:** Open to student-athletes from participating schools only.
NO UNATTACHED ATHLETES
- Entry Limitations:** Unlimited Entries (individual and relays). Unless otherwise designated.
Entry Fee: **\$200 per gender team OR \$400 for both genders.**
- Meet Dates:** **January 16, 2016 (Saturday): Sol Butler Classic**
February 19, 2016 (FRIDAY): Spartan Invite
April 23, 2016 (Saturday): University of Dubuque Invite
Invite Only – Contact Meet Director about available space in meet.
- Venue Info:** **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 ¼ (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/turf.
- 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
- Administration:** Dan Runkle, Director of Athletics
Phone: 563-589-3599 **Email:** DRunkle@dbq.edu
- Questions:** Meet Director
Kate Striepe **Chad Gunnelson**
Graduate Assistant Director of Track & Field/Cross Country
Athletics Department Head Track & Field Coach
406-781-0278 608-658-6538
KStriepe@dbq.edu CGunnelson@dbq.edu



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On line registration only at www.directathletics.com

ENTRIES ARE DUE Wednesday April 20, 2016 by 8:00PM

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 and 100M finals. Fast heats will run last in all running events.

10:00am Implement Weigh In (South End Check-In Table)

10:00am Hammer - (M/W) *will adjust flights for travel if needed
10:30am Javelin - (W/M)
Shot Put - (W) AFTER COMPLETION OF JAVELIN (M) To Follow
Discus - (M) AFTER COMPLETION OF HAMMER (W) To Follow
10:30am Long Jump - (W/M) Triple Jump follows (W/M)
10:30am High Jump - (M/W)
1:00pm Pole Vault follows HIGH JUMP - (M/W)

10:50am National Anthem & Running Events Begin - WE WILL RUN ON SCHEDULE

10:50am 3000M Steeplechase W
11:10am 3000M Steeplechase M
11:30am 4x100M Relay W
11:40am 4x100M Relay M
11:50am 1500M Run W
12:05pm 1500M Run M
12:20pm 100M High Hurdle Trials W
12:30pm 110M High Hurdle Trials M
12:40pm 100M Dash Trials W
12:50pm 100M Dash Trials M
1:05pm 5000M Run W
1:35pm 100M High Hurdle Finals M
1:40pm 110M High Hurdle Finals W
1:45pm 100M Dash Finals W
1:50pm 100M Dash Finals M
1:55pm 400M Dash W
2:05pm 400M Dash M
2:20pm 400M Low Hurdles W
2:30pm 400M Intermediate Hurdles M
2:45pm **SENIOR DAY PRESENTATION**
3:05pm 800M Run W
3:15pm 800M Run M
3:25pm 200M Dash W
3:35pm 200M Dash M
3:45pm 5000M Run M
4:10pm 4x400M Relay W
4:20pm 4x400M Relay M