

UNIVERSITY OF DUBUQUE - TRACK & FIELD

2014 Good Friday Open - Outdoor Track & Field Meet

- 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
- Eligibility:** Open to participating schools student-athletes
- Entry Limitations:** Unlimited Entries (individual and relays).
- Entry Fee:** \$175 per gender team OR \$350 for both genders.
- Meet Date:** **April 18, 2014 (GOOD FRIDAY): University of Dubuque Open**
- 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: All on CEMENT outdoors. Javelin Runway 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 accuracetimeing.com](http://www accuracetimeing.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:** **Meet Director**
Geoff Gundlach Director of Operations
Assistant Coach
608-669-1115
GGundlach@dbq.edu
- Chad Gunnelson**
Head Track & Field Coach
Head Cross Country Coach
608-658-6538
CGunnelson@dbq.edu

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.

11:30pm Implement Weigh In (South End Check-In Table)

12:00 Javelin - (M/W)

12:00 Hammer - (W/M)

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

Discus - (W) AFTER COMPLETION OF HAMMER (M) To Follow

12:00 Long Jump - (W/M) Triple Jump follows (W/M)

12:00 High Jump - (M/W) Pole Vault follows - (M/W)

1:00pm Running Events Begin - ROLLING SCHEDULE after the 1500M run

1:00pm 4x100 Meter Relay

1:10pm 5,000 Meter Run - Women

1:40pm 100/110M High Hurdle Prelims

1:50pm 100 Meter Dash Prelims

2:05pm SENIOR DAY PRESENTATION

2:20pm 1500 Meter Run (W/M)

2:40pm 110/100 Meter Hurdles (M/W) Finals

2:55pm 100 Meter Dash (M/W) Finals

3:05pm 400 Meter Dash (W/M)

3:25pm 400 Meter IH (W/M)

3:40pm 800 Meter Run (W/M)

4:00pm 200 Meter Dash (W/M)

4:20pm 5,000 Meter Run - Men

4:45pm 4x400 Meter Relay (W/M)



Meet Director:

Geoff Gundlach
Director of Operations
Assistant Coach
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Head Coach:

Chad Gunnelson
Head Track & Field Coach
Head Cross Country Coach
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Administration:

Dan Runkle
Director of Athletics
Office: 563-589-3599
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Debra Runkle – Medical Coordinator
Head Athletic Trainer/Assistant AD
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