



**UNIVERSITY OF DUBUQUE  
TRACK & FIELD**



## 2015 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](http://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:** \$175 per gender team OR \$350 for both genders.
- Meet Dates:** **January 17, 2015 (Saturday): Sol Butler Classic**  
**February 20, 2015 (FRIDAY): Spartan Invite**  
**April 18, 2015 (Saturday): University of Dubuque Invite**  
**May 1, 2015 (FRIDAY): Spartan Twilight Meet**  
\*\*\*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 accuracetime.com](http://www accuracetime.com)
- Parking:** **Bus parking in the lot just next to Hardees on the corner of McCormick and University.**
- 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](mailto:DRRunkle@dbq.edu)
- Administration:** Dan Runkle, Director of Athletics  
**Phone:** 563-589-3599 **Email:** [DRunkle@dbq.edu](mailto:DRunkle@dbq.edu)
- Questions:** Meet Director  
**Geoff Gundlach** **Chad Gunnelson**  
Director of Operations Head Track & Field Coach  
Assistant Coach Head Cross Country Coach  
608-669-1115 608-658-6538  
[GGundlach@dbq.edu](mailto:GGundlach@dbq.edu) [CGunnelson@dbq.edu](mailto:CGunnelson@dbq.edu)



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## **Spartan Twilight Meet**

*Friday, May 1, 2015*

Chlapaty Recreation and Wellness Center  
Douglas J. Miller Outdoor Track  
2000 University Avenue  
Dubuque, IA 52001

### **SCHEDULE OF EVENTS:**

**HEAD COACHES, please check-in at the start/finish line to pay meet fee. Scratches in pressbox.**

**Women will run 1<sup>st</sup> in all running events. EXCEPTION: Men will run first in High Hurdle finals. Fast heats will run last in all running events.**

#### **2:30pm Implement Weigh In (South End Check-In Table)**

3:00pm Hammer – (M/W)  
3:30pm Javelin – (W/M)  
Shot Put – AFTER COMPLETION OF JAVELIN (W/M)  
Discus – AFTER COMPLETION OF HAMMER (M/W)  
Long Jump – (M/W) Triple Jump follows (M/W)  
High Jump – (W/M) Pole Vault follows HIGH JUMP – (W/M)

#### **4:30pm Running Events Begin – We will not run ahead!**

4:30pm W 4x100M Relay (1 section)  
4:35pm M 4x100M Relay (2 sections)  
4:45pm W 5,000M Run (1 section)  
5:15pm W 100M Hurdle Prelims (2 sections)  
5:25pm M 110M Hurdle Prelims (2 sections)  
5:35pm W 100M Dash Prelims (3 sections)  
5:45pm M 100M Dash Prelims (3 sections)  
5:55pm W 1500M Run (1 section)  
6:05pm M 1500M Run (2 sections)  
6:20pm M 110M Hurdle Finals  
6:25pm W 100M Hurdle Finals  
6:30pm W 100M Dash Finals  
6:35pm M 100M Dash Finals  
6:45pm W 400M Dash (2 sections)  
6:55pm M 400M Dash (2 sections)  
7:05pm W 400M Hurdles (1 section)  
7:10pm M 400M Hurdles (1 section)  
7:20pm W 800M Run (2 sections)  
7:30pm M 800M Run (2 sections)  
7:40pm W 200M Dash (3 sections)  
7:50pm M 200M Dash (3 sections)  
8:00pm M 5,000M Run (1 section)  
8:25pm W 4x400M Relay (1 section)  
8:30pm M 4x400M Relay (2 sections)

