



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



Date: Saturday, January 13, 2007 at 10:30 AM

Place: Recreation Building
University of Iowa
Iowa City, IA 52242

Participating Teams: Coe College (M/W), North Central College (M), Truman State (M/W), Western Illinois (M/W), and Lewis University (M/W)

Entry Procedure: Please refer to the events time schedule attached. There will be a squad limit of 32 per team. **You may enter an unlimited number of athletes except you may have no more than three (3) athletes in the Long Jump and Triple Jump.** There are NO exceptions.

Unattached athletes by approval only must contact:
Scott Cappos at scott-cappos@uiowa.edu or (319) 335-9392 by 11 a.m. Monday, January 8th.

“B” teams will be permitted in relay events only. Field and running events will begin at 10:30 AM and 12:00 PM, respectively.

Registration for this year's Hawkeye Invitational will take place via the Internet at www.directathletics.com. Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 4 p.m. Monday, January 9th.

Entry Fee: \$150 per team (per gender) or \$15 per athlete for partial team (9 or fewer athletes)

Check In: Meet information, competitors' numbers and heat sheets will be in the team packet. Team packets can be picked up at 9:30 a.m. at the score table, located on the South balcony. **All scratches will be between 9:30 and 10:30 a.m. when you pick up your packet on the day of the meet.**

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.



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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 1:30 to 5:00 PM Friday, January 12th.

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 9:00 a.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 James Grant at (319) 335-9253 or Coach Scott Cappos at (319) 335-9392.

