

**University of Iowa  
Musco Twilight XIII  
Men's and Women's Track and Field Meet**

**Date:** Friday-Saturday, April 19-20, 2013

**Place:** Cretzmeyer Track and Field Complex  
University of Iowa  
Iowa City, IA

**Participating Teams:** Drake, Minnesota, Missouri, Wisconsin and Iowa  
**CLOSED TO ALL OTHER TEAMS AND OPEN ATHLETES.**

*Elite open athletes by approval only; must contact  
Scott Cappos at [scott-cappos@uiowa.edu](mailto:scott-cappos@uiowa.edu) before entry deadline*

*UNATTACHED ENTRIES WILL NOT BE ALLOWED WITHOUT APPROVAL.*

**Entry Procedure: NO ENTRY FEE**

Please refer to the tentative events time schedule attached.  
There will be a visiting team squad limit of 34 per team.

“B” teams will be permitted in the 4x400m relay event.

Registration for this year's Iowa Invitational will take place via the Internet at [www.directathletics.com](http://www.directathletics.com). Please see the enclosed document detailing the procedure for entering information. Deadline for registration is 10 p.m. Tuesday, April 16<sup>th</sup>.

**Check In:** Meet information, competitors' numbers and heat sheets will be in the team packet. **All scratches will be between 1:30 and 2:00 p.m. when you pick up your packet on the day of the meet.**

**Implement Weigh In: at the track and field shed: Saturday from 12:00-1:30 p.m. Return to pick up implements after 1:45 p.m.**

**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.

**Surfaces & Spikes:** 400 meter poured track surface. Athletes are required to wear ¼" pyramids spikes or less. **All spikes will be inspected.** Javelin and Jump runways are of the same material. The throwing circles are concrete.

**Track Inspection/Practice:** Track is open for inspection and practice after 4 p.m. on Friday.

**Team Parking:** Park east of the Cretzmeyer Track in the gravel lot off Highway 6 by the hammer area.

**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 and two hours prior to competition.

**Housing:** Please make your housing arrangements soon if you have not already done so. An 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 Scott Cappos at (319) 335-9392.

#### COACHES' INSTRUCTIONS

Competitors must wear their numbers on the front, except for pole vault. Athletes must wear hip numbers on their left hip. They must pick up hip numbers at the clerk's tent when they check-in for their event.

When they have finished competing, they must retain their credential to re-enter any sites of competition or team areas. Security will not permit any person who lacks a credential into team areas or event sites

Calls for events will be as follows:

- 1<sup>st</sup> call – 15 minutes before event
- Final call – 5 minutes before event

Only athletes competing in on-going field events will be permitted on the infield of the track. Coaches please stay off the infield.

Check-in for all running events is at the clerk of course tent located at the start of the 100m dash in the northwest corner of the track. Check-in for field events takes place at the event site.

Please turn relay cards in to the announcer's table at least 30 minutes prior to the event.

Previous Starting heights:

men's PV: 4.00m (15cm increments)  
men's HJ 1.80m (5cm increments)

women's PV 3.00m (15cm increments)  
women's HJ 1.50m (5cm increments)

MUSCO TWILIGHT XII TRACK AND FIELD MEET  
SATURDAY, April 19-20, 2013

**SCHEDULE OF EVENTS**

**Friday, April 19, 2013**

**Field Events:**

4:00 p.m. Discus Invite Men, Discus Invite Women to follow

**Saturday, April 20, 2013**

**Field Events:**

2:00 p.m. Discus Men seeded, Men open, (Women seeded, women open to follow)  
Long Jump Women (Men to follow)  
Hammer Women open, Women seeded, (Men open, Men seeded)  
High Jump Women (Men to follow)

5:30 p.m. Pole Vault Women (Men to follow)  
Triple Jump Women (Men to follow)-after women's long jump

6:30 p.m. Javelin Women (after women's discus)  
Shot Put Men

8:00 p.m. Javelin Men  
Shot Put Women

**PRELIMS**

4:30 p.m. 100/110m Hurdles

5:00 p.m. 100m

**B SECTIONS (tentative)**

5:15 p.m. 400m

5:25 p.m. 800m

5:35 p.m. 400H

5:45 p.m. 200m

5:50 p.m. 1500m

6:00 p.m. Opening Ceremonies/National Anthem

**Running Events (women then men) SECTIONS PER GENDER**

***6:00 p.m. Senior Recognition***

6:15 p.m. 4x100m 1

6:25 p.m. Kids races 1

6:35 p.m. 3,000m Steeple 1

7:05 p.m. 100/110m Hurdles 1

7:15 p.m. 400m 2

7:30 p.m. 100m 1

7:40 p.m. 800m 2

8:05 p.m. 400m Hurdles 2

8:20 p.m. 200m 2

8:40 p.m. 1,500m 2

9:05 p.m. 3,000m Women 1

9:15 p.m. 4x400m Relay as needed

9:30 p.m. 5,000m Men 1

