



Holiday Preview
Hosted by: Iowa State University
Friday, December 7, 2007

This meet is limited to invited teams who have attended in the past and some unattached individuals. It comes at the end of the fall training season and gives the athletes an opportunity to compete in a low key meet. Some of the races will be unofficial distances but the meet will be run by NCAA rules.

Online Entry Opens: Monday, November 26

All entries will be submitted online. You may enter this meet by going directly to <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=1637>

Since this meet has limited entries there will be no entry information on the ISU web site. Make sure you print out a hard copy of entries for your records after you have declared. **You will be able to make changes and updates through 6:00 PM (Central Time) on Wednesday, December 5th.** If you have an athlete competing unattached, you do not need to make a separate team for them, there is an unattached box to check for the individual while doing your team's entries. Unattached athletes will have to pay \$20 separately from your team. If you have any questions please call Travis Hartke at 217-556-3839 or e-mail him at thartke@iastate.edu Other contacts: Pete Herber 515-294-7453, Blake Boldon 515-294-7345

Final Declarations: Declarations Closes: 6:00 PM (Central Time) Wednesday, December 5th

You **must declare** your final roster by pushing the declare button at the bottom of your entry list. This may be done anytime before the deadline. Do this only when you have made your final changes. If you have had to change plans and are not coming, please scratch you entire team. **TEAMS AND INDIVIDUALS THAT DO NOT DECLARE WILL BE DROPPED FROM THE MEET.**

Entry Fee: \$20 per athlete and relay with a maximum of \$100 per team. (Men's and women's team separate.) Unattached athletes must pay separate from your team. Make checks payable to ISU Track and Field.

Heat Sheets: Heat Sheets will be e-mailed to you and also posted on the cyclones.com website Thursday afternoon.

Meet Day Information

Packet Pick-up: Starts at 12:30 pm on Friday at the Clerk of Course Station, East end of the track.
Team Camps: We ask that all team camps be located outside the track. Please utilize bleachers.
No Tents Allowed
& Warm up: All warm-ups are to be done on the upper track. No warm-ups will be allowed on the lower track. Only competing field event athletes are allowed on the infield.
Showers: Showers are available in the Recreation/Athletic Center. Towels and locks are not furnished. You are responsible for your own valuables.
Parking: Parking is very limited. No bus parking on the street or the lot adjacent to the track.
Headphones: NCAA rules do not allow Headphones in the competition area.
Only Athletic tape will be allowed to mark start and takeoff points in the HJ, PV, LJ, and TJ. No chalk.