

Iowa State University Track and Field Open Friday & Saturday, January 25-26, 2008

Who May Enter: This meet is primarily aimed at the opportunity for non-Division I programs. It is open to all collegiate teams, unattached collegiate athletes, and post collegiate athletes.

Online Entry Opens: Monday, January 14

All entries will be submitted online. To enter for this meet you may go directly to <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=1638>. You may also go to www.cyclones.com and click on the Track and Field link. This site will have a link to our online entry form under "Meet Information". Once you are in the meet site follow the directions and make sure you print out a hard copy for your records after you have declared. **You will be able to make changes and updates through 6:00 p.m. (central time) on Wednesday, January 23rd.** 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. 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 p.m. (Central Time) Wednesday, January 23rd

You **must declare** your final roster by pushing the declare button at the bottom of your entry list. This may be done before the deadline. Please delete your team if you are not coming to the meet. TEAMS AND INDIVIDUALS THAT DO NOT DECLARE WILL BE DROPPED FROM THE MEET!

Entry Standards: Limit of 2 entries for individual events and relays.

**** see Entry Fee information for extra entries.**

All first marks will be measured. Beyond this the minimum distances that will be measured is:

LJ-M – 20'; LJ-W – 16'; TJ-M - 41'; TJ-W – 32'; SP-M - 43'; SP-W - 37';

Weight-M - 45'; Weight-W - 40';

Starting heights: HJ-M – 5'10"; HJ-W – 4'9"; PV-M – 12'6"; PV-W - 8'

Entry Fee: \$20 per individual and relay with a maximum of \$250 per team (men's and women's separate). Unattached athletes must pay separate from your team. ** If you choose to enter more than 2 / event there will be a charge of \$20 above the \$250 maximum. There is a team maximum of \$400 when entering extra individuals.

Heat Sheets: Will be e-mailed to you and posted on cyclones.com Indoor track page on Thursday afternoon.

Meet Day

Track Hours	Thurs: The track is available for practices from 2:00 PM until 5:30 PM. No Friday practice.
Packet Pick-up:	Packets may be picked up on Thursday at the track from 4:00 – 5:30 PM or beginning at 1:00 PM on Friday at the Clerk station on the east end of the track.
Awards:	Awards will be presented to the top 2 places in each event.
Team Camps: & Warm up:	We ask that all team camps be located outside the track. Please utilize bleachers. No Tents 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.