



Dubuque Championships – Multi

Friday & Saturday, December 7 & 8, 2018

Chlapaty Recreation and Wellness Center

A.Y. McDonald Indoor Track

Online registration at www.directathletics.com Results provided by www accuractiming.com

ENTRIES ARE DUE: Thursday, November 29, 2018 by 8:00PM

ENTRY FEE: \$30 per individual athlete/entry

Meet Directors: Chad Gunnelson 608.658.6538 cgunnelson@dbq.edu
Clayton Gray 563.929.0877 cgray@dbq.edu

Eligibility: Unlimited entries. **EXCEPTIONS – none**

Scoring/Timing: **All NCAA rules and recommendations will be followed**

SCHEDULE OF EVENTS:

HEAD COACHES, please check-in at the timer's table upon arrival to submit payment and scratches

FRIDAY, December 7

3:00pm Coaches Meeting – Timer's Table
4:00pm Women's Pentathlon (55m hurdles, high jump, shot put, long jump, 800m)
4:30pm Men's Heptathlon Day 1 (55m, long jump, shot put, high jump)

SATURDAY, December 8

8:30am Coaches Meeting – Timer's Table
9:30am Men's Heptathlon Day 2 (55m hurdles, pole vault, 1000m)

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.

Parking:

Van parking available in the south CRWC parking lot

Athletic Training:

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. If traveling with a certified athletic trainer you're welcome to use our facilities and modalities. If traveling without a certified athletic trainer, our staff will assist with treatments, taping and injury care. Prior written notification must be provided for modality treatments.

Please provide your own supplies. Contact Erin Barsema, Athletic Trainer with questions.

Phone: 563.589.3857

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