

**2005 State Farm Missouri Valley Conference  
Outdoor Track & Field Championship  
Contact Information**

**Missouri Valley Conference Administration:**

**Cell Phone**

Director of Operations .....	Ashley O'Connor .....	314/488-7120
Asst. Director of Communications .....	Erica Fricke .....	314/435-4776
Asst. Director of Operations.....	Scott Winter .....	314/435-4780
Coordinator of Officials.....	Mark Kostek.....	515/208-8300

**University of Northern Iowa Administration:**

University of Northern Iowa  
Athletic Department  
UNI-Dome NW  
Cedar Falls, IA 50613  
(319) 273-2470

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<b>Director of Athletics</b>	Rick Hartzell	319-273-2470
<b>Championship Director</b>	Chris Bucknam	319-273-6481 (O) 319-268-1607 (H)
<b>Medical</b>	Dr. Dan Fick	319-273-6369
<b>Athletic Trainer</b>	Don Bishop Sarah Whetstone	319-273-6369 319-273-6476
<b>Sports Information</b>	Kiley Kirkpatrick	319-273-3642
<b>Promotions</b>	Leon Costello	319-273-7044

**Northern Iowa Track & Field Coaching Staff:**

**Men & Women**

Chris Bucknam	319-273-6481 (O)	319-268-1607 (H)
Doug Case	319-273-5823 (O)	319-277-4544 (H)
Kyle Kepler	319-273-5823 (O)	319-290-3062 (H)
Travis Geopfert	319-273-5823 (O)	319-415-0657 (H)

1. **Athletic Training/Medical Information** (See page 6)
2. **Awards** The following awards will be presented at an awards ceremony held on the course immediately following the conclusion of the championship race:
  - a. First-place team trophies
  - b. Second-place team trophies
  - c. First-place team individual watches
  - d. Event Champion Plaques and All-Conference medals
  - e. Most Outstanding Athlete awards will be awarded to a male and female in both track and field
  - f. Most Valuable Athlete awards to highest point winner male and female
  - g. Coaches of the Year
3. **Coaches' Meeting** A pre-championship coaches dinner and meeting will take place Friday, May 13 at 5:30am in the gymnasium to the East of the track complex.
4. **Credentials** Credentials will be distributed at the coaches' meeting Friday, May 13. The following credentials will be used for the championship.  
  
Coach  
Athlete (Bib number)  
Administration  
Trainer
5. **Directions** See Appendix A for maps and directions.
6. **Rosters/On-line Entry/Declarations/Limitations/Seeding**

### **Roster**

An alphabetical team roster must be submitted via email or fax to Kyle Kepler [kyle.kepler@uni.edu](mailto:kyle.kepler@uni.edu) and the MVC Commissioner's Office [smontooth@mvc.com](mailto:smontooth@mvc.com) by April 18, 2005. Additions to the roster are permitted by email or fax until noon Monday, May 9, 2005.

### **On-line Entry and Declaration**

ASPI Inc. on-line entry service will be used. We successfully used this system for the 2002 championships. A link to this entry system will be available at [www.mvc-sports.com](http://www.mvc-sports.com). It will be located on the track and field page near the Outdoor Best link. Please refer to the 2004-05 MVC Manual for specific entry requirements.

Entry will begin Monday, April 18<sup>th</sup> at 12 p.m. (CDT). Entry will end Wednesday, May 11<sup>th</sup> at 9 a.m. (CDT). System will be set to shut down automatically. Host institution will complete their entries by 8:30 a.m.

Any changes/additions/subtractions must be made prior to the deadline. Only "Declare" your entries when you are completely satisfied with them. Once you choose "Declare" you will no longer be able to make any changes. If you intend to make changes prior to the entry deadline then choose "Save without Declaring".

Please print a copy of your final declared roster and have it available at the coaches meeting.

All events will be drawn from the Entry Form. (Please Note: Heat and lane assignments will reflect rule 3.8 of the 2004-05 MVC Manual).

### **Limitations**

Per MVC guidelines a maximum of 32 (women only) and 28 (men) can be declared per institution. Individual entries are limited to the number of places scored and one relay team per relay event per institution (Rule 3.3 of the 2004-05 MVC Manual).

### **Deadlines**

Monday, April 18, 2005

\*Alphabetical Roster Due

Monday, May 9, 2005 (12 p.m.)\*Email or fax final additions to roster

\*\*Email any agenda items for coaches meeting

Wednesday, May 11, 2005 (9 a.m.)

\*Entry form and roster (Host institution will send their entries to Commissioner's office by 8:30 a.m.)

UNI Track & Field FAX: **(319) 273-3913**

### **Seeding**

The weekly best lists will be used to submit entries and shall serve as official entry times. An athlete's best performance must be listed to be entered. The only best list entry exception is for athletes who did not participate in the event during the regular season; these entries will be seeded as "no time."

When time of a performance is not included in meet results because the athlete didn't place, a time may be submitted provided verification of a time is received from the meet director or another MVC coach.

Entries for the decathlon/heptathlon/10,000M must be sent to the meet director two days before the start of the decathlon/heptathlon.

A \$100 penalty shall be paid for late team submissions or omissions of individual entries. Penalty fees are payable before a delinquent team or omitted student-athlete is allowed in the championship.

**7. Facility Information**

All events will take place at Mark Messersmith Outdoor Track and Field Complex located at the corner of Hudson Rd and 19<sup>th</sup> St (across from the UNI-DOME).

**8. Gifts**

Participant gifts will be provided by the MVC for student-athletes (28 for men, 32 for women) and coaches (1) of each participating team. Please return Appendix D to Scott Winter at the MVC office no later than Friday, April 29.

*\*Reminder\* Student-athletes who received gifts at cross country will not receive gifts at outdoor track and field. Student-athletes who participated in indoor track and field but not outdoor track and field should also be included.*

**9. Locker Rooms**

Available at the WRC which is the building directly north of the UNI-DOME. Enter at NW doors, take first right into Intercollegiate Athletics hallway. Women's locker room is first door on right. Men's locker room is last door on the right side of the hallway.

**10. Merchandise** The MVC will provide merchandise for sale at the championship site. A merchandise area will be located near the NE entrance of the track facility. Contact Matt Marchal (314/421-0339) at the conference office regarding tournament merchandise.

**11. Officials** The host is responsible for securing qualified officials, subject to the approval of the Conference office. In addition, the host should provide an implement inspector that is not a coach. Mark Kostek will serve as the meet referee and Kip Janvrin will serve as the multi-event referee.

**12. Parking**

Team: All team vehicles will park north of track on 19<sup>th</sup> Street.  
Spectator: Lot north of UNI-Dome and large lot east of Track Complex

**13. Practice**

Thursday: 12 p.m.-8 p.m.  
Friday and Saturday: Availability based on meet schedule

**14. Protests** The referee shall rule on all protests. Three knowledgeable, unbiased individuals assigned by the host, not including the referee, shall serve as the appeals jury. A \$50 protest fee shall be required for each appeal, with the fee refunded if the appeal is successful.

Jury Members: John Coughlin, Doug Brown, Bill Bergen

A protest may be filed by a coach for the referee to review the official photo of a particular race. Upon review the referee will submit a written ruling.

Protest forms shall be available at a protest table manned by an official.

- 15. Results:** Results will be posted on the backside of the timing trailer. (In case of inclement weather results will be posted in Gymnasium east of track). Results will also be posted at [www.unipanthers.com](http://www.unipanthers.com) at the conclusion of each days events.
- 16. Scoring** Scoring shall be by the NCAA six-place scoring system (10-8-6-4-2-1)
- 17. Scratches** Scratches shall be made blind. No additions or substitutions shall be permitted.
- 18. Seating**  
Team camps will only be allowed on the outside of the track. No camps will be allowed in the infield. No camps will be allowed in the spectator seating area. We have limited spectator seating. We advise spectators to bring their own chairs.
- 19. Sportsmanship** Attention to the MVC Code of Sportsmanship will continue to be a point of emphasis. Coaches and players should be reminded of their responsibility to positively impact sportsmanship by modeling and promoting appropriate behavior.
- 20. Travel Squad** The travel squad will be limited to 28 for men and 32 for women.

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**Schedule of Events**

**Friday, May 13**

Decathlon

11:30 a.m. 100m  
Long Jump  
Shot Put  
High Jump  
400m

Heptathlon

11 a.m. 100m Hurdles  
High Jump  
Shot Put  
200m

Field Events

1 p.m.	Hammer	Women	Trials & Finals
3:30 p.m.	Hammer	Men	Trials & Finals
4 p.m.	Javelin	Men	Trials & Finals
5:30 p.m.	Javelin	Women	Trials & Finals

??? Coaches' Meeting

Running Events

7 p.m.	10,000m	Women	Finals
7:45 p.m.	10,000m	Men	Finals

**Saturday, May 14**

Decathlon

10 a.m. 110mHH  
 Discus  
 Pole Vault  
 Javelin  
 1500m

Heptathlon

10:30 a.m. Long Jump  
 Javelin  
 800m

Field Events

2:00 p.m.	Long Jump	Women	Trials & Finals
2:45 p.m.	Discus	Women	Trials & Finals
3:00 p.m.	Pole Vault	Women	Trials & Finals
3:45 p.m.	Shot Put	Men	Trials & Finals
4:30 p.m.	Long Jump	Men	Trials & Finals
5:00 p.m.	High Jump	Men	Trials & Finals

Running Events

3:30 p.m.	110mH	Women	Prelims
3:45 p.m.	110mHH	Men	Prelims
4:00 p.m.	400m	Women	Prelims
4:15 p.m.	400m	Men	Prelims
4:30 p.m.	100m	Women	Prelims
4:40 p.m.	100m	Men	Prelims
4:50 p.m.	800m	Women	Prelims
5:05 p.m.	800m	Men	Prelims
5:20 p.m.	400mH	Women	Prelims
5:35 p.m.	400mH	Men	Prelims
5:50 p.m.	200m	Women	Prelims
6:00 p.m.	200m	Men	Prelims
6:20 p.m.	3000m SC	Women	Final
6:35 p.m.	3000m SC	Men	Final

**Sunday, May 15**Field Events

12:00 p.m.	High Jump	Women	Final
12:00 p.m.	Triple Jump	Women	Final
12:00 p.m.	Discus	Men	Final
1:00 p.m.	Pole Vault	Men	Final
2:00 p.m.	Shot Put	Women	Final
2:30 p.m.	Triple Jump	Men	Final

Running Events

1:00 p.m.	4x100 Relay	Women	Final
1:10 p.m.	4x100 Relay	Men	Final
1:20 p.m.	1500m	Women	Final
1:30 p.m.	1500m	Men	Final
1:40 p.m.	100mH	Women	Final
1:50 p.m.	110mHH	Men	Final
2:00 p.m.	400m	Women	Final
2:10 p.m.	400m	Men	Final
2:20 p.m.	100m	Women	Final
2:25 p.m.	100m	Men	Final
2:35 p.m.	800m	Women	Final
2:45 p.m.	800m	Men	Final
2:55 p.m.	400mH	Women	Final
3:05 p.m.	400mH	Men	Final
3:20 p.m.	200m	Women	Final
3:25 p.m.	200m	Men	Final
3:30 p.m.	5000m	Women	Final
3:50 p.m.	5000m	Men	Final
4:10 p.m.	4x400m Relay	Women	Final
4:20 p.m.	4x400 Relay	Men	Final

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**Awards Schedule of Events**

**Saturday, May 14 @ 5 p.m.**

Heptathlon  
Decathlon  
Men's 10,000  
Women's 10,000  
Women's Long Jump  
Women's Discus  
Women's Pole Vault  
Men's Shot Put  
Men's Long Jump  
Men's High Jump

**Sunday, May 15 @ 2 p.m.**

Women's Steeplechase  
Men's Steeplechase  
Women's High Jump  
Women's Triple Jump  
Men's Discus  
Men's Pole Vault  
Women's 4x100  
Men's 4x100  
Women's 1500  
Men's 1500  
Women's 110mH  
Men's 110mH  
Women's Shot Put  
Women's 400m  
Men's 400m

**Sunday, May 15 @ 3:30 p.m.**

Women's 100m  
Men's 100m  
Men's Triple Jump  
Women's 800m  
Men's 800m  
Women's 400mH  
Men's 400mH  
Women's 200m  
Men's 200m  
Women's 5,000m  
Men's 5,000m  
Women's 4x400  
Men's 4x400

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**Team Travel Form**

Institution: \_\_\_\_\_

Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Team Arrival (date & time): \_\_\_\_\_

Team Hotel: \_\_\_\_\_

**Please return form to Ashley O'Connor (fax: 314/421-3505) no later than  
Wednesday, May 11 @ 9 a.m.**

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**Men’s Participant Gifts**

Institution:

	Size*		Size*
1.		17.	
2.		18.	
3.		19.	
4.		20.	
5.		21.	
6.		22.	
7.		23.	
8.		24.	
9.		25.	
10.		26.	
11.		27.	
12.		28.	
13.			
14.			
15.			
16.			

\* Fleece sizes are not guaranteed.

Additional Gifts:		
Item	Cost	Qty.
Travel Bag	\$18	
Blanket	\$25	
Fleece	\$35	
Luggage Tage	\$4	

**Please return form to Scott Winter (fax: 314/421-3505) no later than Friday, April 29.**

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**Women’s Participant Gifts**

Institution:

	Size*		Size*
1.		17.	
2.		18.	
3.		19.	
4.		20.	
5.		21.	
6.		22.	
7.		23.	
8.		24.	
9.		25.	
10.		26.	
11.		27.	
12.		28.	
13.		29.	
14.		30.	
15.		31.	
16.		32.	

\* Fleece sizes are not guaranteed.

Additional Gifts:		
Item	Cost	Qty.
Travel Bag	\$18	
Blanket	\$25	
Fleece	\$35	
Luggage Tage	\$4	

**Please return form to Scott Winter (fax: 314/421-3505) no later than Friday, April 29.**

Please also include the following items in your tournament handbook:

- ?? Cover
- ?? Table of Contents
- ?? Schedule of Events
- ?? Maps & Directions
- ?? Merchandise Order Form
- ?? Area hotels & rates
- ?? Other items as necessary (can include area restaurants, attractions, etc.)