

2006 MVC Indoor Track and Field Championships

Hosted by the University of Northern Iowa



Information Packet

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**2006 State Farm Missouri Valley Conference
Indoor Track & Field Championship
Contact Information**

Missouri Valley Conference Administration:		<u>Cell Phone</u>
Sr. Associate Commissioner	Patty Viverito	314/602-6821
Director of Operations	David Biancamano	314/435-4780
Director of Compliance.....	Mary Mulvenna.....	314/974-6821
Asst. Director of Communications	Tod Meisner	217/899-3276
Coordinator of Officials.....	Mark Kostek.....	515/208-8300

University of Northern Iowa Administration:		<u>Office</u>	<u>Cell Phone</u>
Tournament Director	Justin Sell	319-273-3647	415-9332
Director of Athletics	Rick Hartzell	319-273-2470	415-9330
Senior Assoc AD/SWA	Julie Bright	319-273-2475	415-9331
Asst AD/Marketing	Leon Costello	319-273-7044	415-9340
Asst AD/Development	Steve Gearhart	319-273-7817	415-9334
Asst AD/Operations & Game Management	Heather Tousignant	319-273-6636	415-9338
Asst Equipment Manager	Dennis Anderson	319-273-2459	232-4424
Athletic Club Director	Kelly Bockenstedt	319-273-2471	415-9339
Asst Athletic Trainer	Nicole Craig	319-273-6176	269-8243
Asst Marketing	Nate Clayberg	319-273-3680	415-9341
Asst Facility Director	Brent Knutson	319-273-3603	504-1700
Media Relations	Nicole Justis	319-273-3783	269-7719
Media Relations	Josh Lehman	319-273-3642	415-1703
Ticket Manager	Lindsay Nolan	319-273-5400	415-0976

1. Administration of the Tournament:

The administration and conduct of the MVC championships is under the joint jurisdiction of the MVC Championships Committee and the Conference staff. Championship duties shall specifically include:

- a. Approval of practice schedule and oversight of practice sessions
- b. Oversight of event management
- c. Oversight of media operations, including press conferences and post-meet interviews
- d. Authority to handle incidents of misconduct, including criticism of officials
- e. Authority to suspend and/or reschedule meet due to inclement weather

2. Admittance/Pass Lists:

The UNI ticket office will administer team pass lists for teams who wish to purchase tickets for student-athlete guests. Institutions will be billed for the number of tickets utilized. Lists should be submitted to Lindsay Nolan, UNI Assistant Ticket Manager, no later than Thursday, Feb. 26th.

No complimentary tickets shall be provided for tournament matches (MVC rule 4.2.8). However, if a school chooses to provide a pass list please use the Ticket Request Form. The school will be invoiced for the cost of the tickets. **

3. Athletic Training/Medical Information:

See Appendix

4. Awards:

The following awards will be presented at an awards ceremony held on the track immediately following the conclusion of the final championship race:

- a. First-place meet team trophies
- b. Second-place meet team trophies
- c. First-place meet team individual watches
- d. Event Champion Plaques and 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

5. Coaches' Meeting:

A pre-championship coaches dinner and meeting will take place in the Hall of Fame room in the Northwest Corner of the UNI-Dome on Thursday, February 23. Dinner will be at 6:30, with the coaches' meeting to follow at 7:30.

6. Credentials:

Credentials will be distributed at the coaches' meeting on Thursday, February 23. The following credentials will be used for the championship.

Athlete (Bib Number) – All athletes must wear numbers. Numbers are to worn on the front, except for pole vault, their numbers may be worn on the back.

Coach

Administration

Trainer

*Note there will be limited access to the infield of the Track (ex. Coaches, managers, competing athletes)

7. Directions:

See Appendix A for maps and directions.

8. Eligibility:

Each participant must be eligible under the rules of the institution, MVC and NCAA.

9. Entries:

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."

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.

No additions or subtractions shall be submitted after the deadline date.

Entries are due by **Tuesday, February 21 at noon**. The host school will have its entries in by 11:30 a.m. on Tuesday, February 21. Coaches will be asked to submit their entries via the website: www.unipanthers.com. Proceed to the Track and Field homepage, it will be listed on the right.

The Missouri Conference will administer the heat sheets and post them on its website: www.mvc.org on Wednesday, February 22 at 10 a.m.

10. Event Management Staff:

The host will provide all event management staff including tournament announcer, merchandise sellers and other event management personnel as needed to manage the facility.

11. Facility Information:

All events will take place in the UNI-Dome. The UNI-Dome houses an eight lane, 200-meter Southwest surface including high jump, long jump and pole vault approaches. The throwing circle is wood. No spikes longer than ¼” or 9mm will be permitted.

The UNI-Dome is located just off Hudson Road on Panther Parkway. Locker rooms will be available throughout the Championships in the Wellness and Recreation Center.

12. 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. To purchase additional participant gifts, contact Carla Fight (314/421-0339) at the conference office.

13. Locker Rooms:

Locker rooms will be available in the Wellness and Recreation Center. When leaving the UNI-Dome through the tunnel located in the Northeast corner of the floor, take a left at the top of the tunnel and follow it through three sets of double doors and turn right into the athletic hallway. The men’s locker room is the first door on the left and the women’s locker room is the last door on the left.

14. Merchandise:

The MVC will provide merchandise for sale at the championship site. The host will provide seller who will be paid 15% of receipts. A merchandise area will be located on the South Deck. Contact Carla Fight (314/421-0339) at the conference office regarding tournament merchandise.

15. National Anthem:

The host will make arrangements to have the National Anthem sung or played at the championship.

16. 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 Jeff Tincher will serve as the multi-event referee.

17. Parking:

Team buses and vans can unload athletes in the PEC parking lot, North of the UNI-Dome. Team buses and vans will need to park in the North Gravel lot. The West and North Lots of the UNI-Dome will be open for all spectators to park in.

18. Practice:

The UNI-Dome will be open for practice Thursday, February 23 from 3:00 to 9:30 p.m.

19. 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.

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.

20. Results:

Results will be posted at the South end of the floor of UNI-Dome along with being posted on the website, www.unipanthers.com.

21. Scoring:

Scoring shall be by the NCAA six-place scoring system (10-8-6-4-2-1)

22. 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.

23. Travel Squad:

The travel squad will be limited to 28 for men and 32 for women.

Missouri Valley Conference Indoor Championships
Schedule February 24, 25, 2006

Friday, 2/24/06:

Heptathlon/Pentathlon

10:45 a.m.	60 Meter Dash	Men's Heptathlon
11:15 a.m.	60 Meter Hurdles	Women's Pentathlon
11:30 a.m.	Long Jump	Men's Heptathlon
12:00 a.m.	High Jump	Women's Pentathlon
12:30 a.m.	Shot Put	Men's Heptathlon
1:30 p.m.	High Jump	Men's Heptathlon
1:45 p.m.	Shot Put	Women's Pentathlon
2:45 p.m.	Long Jump	Women's Pentathlon
3:45 p.m.	800 Meter Run	Women's Pentathlon

Field Events

1:45 p.m.	20# Weight Throw	Women's Trials and Final
3:30 p.m.	Pole Vault	Men's Final
3:45 p.m.	35# Weight Throw	Men's Final
4:45 p.m.	Long Jump	Men's Trials and Final
6:45 p.m.	Long Jump	Women's Trials and Final

Track Events

4:00 p.m.	60 Meter Hurdles	Women's Prelims (If needed)
4:15 p.m.	60 Meter Hurdles	Men's Prelims (If needed)
4:30 p.m.	60 Meter Dash	Women's Prelims (If needed)
4:45 p.m.	60 Meter Dash	Men's Prelims (If needed)
5:00 p.m.	5,000 Meter Run	Women's Final
5:25 p.m.	5,000 Meter Run	Men's Final
5:45 p.m.	60 Meter Hurdles	Women's Semi Finals
6:00 p.m.	60 Meter Hurdles	Men's Semi Finals
6:15 p.m.	60 Meter Dash	Women's Semi Finals
6:30 p.m.	60 Meter Dash	Men's Semi Finals
6:45 p.m.	400 Meter Dash	Women's Prelims
7:00 p.m.	400 Meter Dash	Men's Prelims
7:15 p.m.	800 Meter Run	Women's Prelims
7:30 p.m.	800 Meter Run	Men's Prelims
7:45 p.m.	200 Meter Dash	Women's Prelims
8:00 p.m.	200 Meter Dash	Men's Prelims
8:15 p.m.	Distance Medley Relay	Women's Final
8:35 p.m.	Distance Medley Relay	Men's Final

Saturday, 2/25/06:**Heptathlon**

10:00a.m.	60 Meter Hurdles	Men's Heptathlon
10:45 a.m.	Pole Vault	Men's Heptathlon
12:45 a.m.	1,000 Meter Run	Men's Heptathlon

Field Events

12:00 a.m.	Triple Jump	Women's Trials and Final
12:00 a.m.	Shot Put	Women's Trials and Final
12:00 a.m.	High Jump	Men's Final
1:30 p.m.	Pole Vault	Women's Final
2:00 p.m.	High Jump	Women's Final
2:00 p.m.	Shot Put	Men's Trials and Final
2:10 p.m.	Triple Jump	Men's Trials and Final

Track Events

12:30 p.m.	Mile Run (Slow Heat)	Women's Final
12:40 p.m.	Mile Run (Fast Heat)	Women's Final
12:50 p.m.	Mile Run (Slow Heat)	Men's Final
1:00 p.m.	Mile Run (Fast Heat)	Men's Final
1:10 p.m.	60 Meter Hurdles	Women's Final
1:20 p.m.	60 Meter Hurdles	Men's Final
1:30 p.m.	400 Meter Dash	Women's Final
1:35 p.m.	400 Meter Dash	Men's Final
1:40 p.m.	60 Meter Dash	Women's Final
1:45 p.m.	60 Meter Dash	Men's Final
1:50 p.m.	800 Meter Run	Women's Final
1:55 p.m.	800 Meter Run	Men's Final
2:00 p.m.	200 Meter Dash (2 sections)	Women's Final
2:05 p.m.	200 Meter Dash (2 sections)	Men's Final
2:10 p.m.	3,000 Meter Run (Slow Heat)	Women's Final
2:30 p.m.	3,000 Meter Run (Fast Heat)	Women's Final
2:50 p.m.	3,000 Meter Run (Slow Heat)	Men's Final
3:05 p.m.	3,000 Meter Run (Fast Heat)	Men's Final
3:20 p.m.	4 x 400 Meter Relay	Women's Final
3:30 p.m.	4 x 400 Meter Relay	Men's Final

**2006 STATE FARM MISSOURI VALLEY CONFERENCE INDOOR TRACK
AND FIELD CHAMPIONSHIP MERCHANDISE ORDER REQUEST**

ORDER DEADLINE IS THURSDAY, FEBRUARY 9 AT NOON

NO LATE ORDERS WILL BE ACCEPTED

Institution: _____
 Contact Person: _____ Phone: _____

Shirts are 100% Cotton

All shirts are white with the championship logo and will have the names of the participating schools.

Item	Price	Quantity	Total
Small White Short Sleeve Logo T-shirt	\$10	_____ x \$10/each =	_____
Medium White Short Sleeve Logo T-shirt	\$10	_____ x \$10/each =	_____
Large White Short Sleeve Logo T-shirt	\$10	_____ x \$10/each =	_____
XL White Short Sleeve Logo T-shirt	\$10	_____ x \$10/each =	_____
XXL White Short Sleeve Logo T-shirt	\$10	_____ x \$10/each =	_____
Small White Long Sleeve Logo T-shirt	\$15	_____ x \$15/each =	_____
Medium White Long Sleeve Logo T-shirt	\$15	_____ x \$15/each =	_____
Large White Long Sleeve Logo T-shirt	\$15	_____ x \$15/each =	_____
XL White Long Sleeve Logo T-shirt	\$15	_____ x \$15/each =	_____
XXL White Long Sleeve Logo T-shirt	\$15	_____ x \$15/each =	_____

TOTAL AMOUNT DUE: _____

Make checks payable to UNI

Fax this form to Brent Knutson at 319-273-5966

By NOON on Thursday, February 9, 2006

On-Line Entry Procedures

Enter On-line at www.unipanthers.com

Please follow the step-by-step instructions once you access the website.

All entries are due by noon on Tuesday, February 21. The host school will have its entries in by 11:30 a.m. on Tuesday, February 21.

This system is automated and will shut down at the deadline time listed above. Please make sure you have entered and declared all athletes and relays by this time.

If you have any questions or concerns please e-mail or call Renetta Seiler at seilerr@uni.edu or (319) 273-5823.

2006 State Farm Missouri Valley Conference
Indoor Track & Field Championships

Team Travel Form

Institution _____

Coach: _____

Cell Phone: _____

Team Arrival (Date & Time): _____

Team Hotel: _____

of Coaches Attending Coaches' Meeting _____

Please Return to Brent Knutson (fax: 319/273-5966) no later than
Wednesday, February 22nd @ noon.

CAMPUS MAP



14 UNI-Dome

#7 PEC – Physical Education Center: Athlete Drop off
Parking; North Dome Lot

University of Northern Iowa Cedar Falls and Waterloo

Lodging

Waterloo, IA

Ramada Inn and Convention Center

(319) 233-7560
4th and Commercial Streets

Best Western Starlite Village

(319) 235-0321
214 Washington Street

Comfort Inn

(319) 234-7411
1946 La Porte Road

Country Inn & SUITES

(319) 233-2336
4025 Hammond Avenue (San Marnan)

Fairfield Inn

(319) 234-5452
2011 La Porte Road

Heartland Inn-Crossroads

(319) 235-4461
1809 La Porte Road

Heartland Inn-Greyhound

(319) 232-7467
3052 Marnie Avenue

Holiday Inn Express

(319) 233-9191
2141 La Porte Road

Quality Inn & Suites

(319) 235-0301
226 West 5th Street

Super 8

(319) 233-1800
1825 La Porte Road

Cedar Falls, IA

AmericINN Lodge & Suites

(319) 277-6166
5818 Nordic Drive

Country Inn & Suites

(319)268-1800
2910 S. Main Street

Days Inn

(319)266-1222
5826 University Avenue

Holiday Inn-University Plaza

(319) 277-2230
5826 University Avenue

University Inn

(319) 277-1412
4711 University Avenue

Villager Lodge

(319) 277-1550
4410 University Avenue

Wingate

(319) 277-2400
1614 Technology Parkway

Waverly

AmeriHOST Inn
(319) 352-0399
404 29th Ave SW

Super 8

(319) 352-0888
301 13 Ave SW

Cedar Falls Restaurant Guide

FINE DINING

THE BROOM FACTORY

125 W. First St. (319) 268-0877

Fine dining in a historic, renovated broom factory. American and Cajun cuisine, entertainment every Friday,

BOURBON STREET

314 Main St. (319) 266-5285

A New Orleans themed restaurant with Cajun, Creole, and American fare. Eat, drink, and dance like its Mardi Gras!

THE BROWN BOTTLE

111 Center St. (319) 266-2616

Fine Italian cuisine in a great atmosphere. Prime rib, pizza, and a large beverage variety.

HOLIDAY INN-GREENSTREETS CAFÉ

5826 University Ave. (319) 277-2230

Serves breakfast, lunch and dinner with innovative menus in a fine atmosphere. Lunch Buffets.

MONTAGE

222 Main St. (319) 268-7222

A unique and relaxed dining atmosphere that fuses together a generous sampling of dishes from around the world. Cuisine served includes contemporary American, Caribbean, Asian, Pacific Rim, Nuevo Latino, and Southwestern.

CASUAL DINING

APPLEBEE'S

6301 University Ave. (319) 266-1814

America's favorite neighborhood bar and grill. Great food and drink in a relaxed, casual atmosphere.

A.J. PICKERMAN'S

127 E. 18th St. (319) 266-8197

A wide variety of sandwiches made with delicious homemade bread. Dine-in or carry out.

BLUE MOON CAFÉ

2223 College St. (319) 266-6512

Open for lunch and dinner. Enjoy deli sandwiches, hot sandwiches and soup. Also features vegetarian menu items.

BONANZA

6406 University Ave. (319) 277-7556

Family restaurant with wide variety of foods. Known for their full buffet.

CARLOS O'KELLEY'S

College Square Mall, 6507 University Ave. (319) 277-1121
Mexican Café.

CHINA WOK CHINESE RESTAURANT *

123 E. 18th (319) 277-8641

Enjoy great Chinese food seven days a week. Sunday brunch 11am-2pm.

CHUCK E. CHEESE'S *

2915 McClain Dr. (319) 277-6321

Pizza, sandwiches, salad bar and fun for the whole family.

DIAMOND DAVE'S

College Square Mall (319) 277-3420

Mexican and American cuisine in a lounge atmosphere. Lunch specials and kiddie meals.

FAMOUS DAVE'S

6222 University Ave. (319) 266-0200

Slow hickory smoked ribs, chicken, brisket, and pork. Dine-in, take out, and catering.

GODFATHER'S PIZZA *

1621 W. 1st St. (319) 277-7777

The pizza 'you can't refuse!' Dine-in, carry out, and delivery.

GRAND CHINA BUFFET

2915 McClain Dr. (319) 266-8889

Chinese restaurant. Enjoy the extensive buffet or order off the menu.

GRANNY ANNIE'S *

1724 W. 31st St. (319) 277-4650

Delicious homemade soups and sandwiches along with a wide variety of baked goods.

THE GREAT WALL *

2125 College St. (319) 277-8899

Authentic New York style Chinese food.

HAPPY CHEF

1409 W. 1st St. (319) 266-9959

Open 24 hours. Extensive menu in a friendly atmosphere. Serving all meals.

HONG KONG

6306 University Ave. (319) 266-4368

Specializing in Mandarin, Szechuan and Hunan cuisine.

LITTLE ITALY

107 E. 18th St. (319) 266-9999

Pasta, pizza, and subs. Daily pasta specials. Open 11-11 everyday for dine-in, delivery or carry out.

MAID RITE SHOP

116 E. 4th St. (319) 277-9748

Enjoy a full menu featuring original Maid-Rites. Breakfast menu also available.

MAINLY LOU'S

118 Main St. (319) 266-7337

Deli sandwiches, homemade pastas, and delicious soups.

MR. G'S RESTAURANT AND PUB

2719 Center St. (319) 277-1508

Open daily for lunch and dinner. Enjoy their full menu and game room.

MULLIGANS BRICK OVEN GRILL AND PUB

205 E. 18th St. (319) 277-3426

A casual setting featuring home style cooking great steaks, fish, barbecue, and a variety of homemade pies.

THE OTHER PLACE

2214 College St. (319) 277-9720

4214 University Ave. (319) 268-1655

Informal dining in a sports bar atmosphere. Enjoy pizza, sandwiches, tacos or pasta in front of the big screen TV.

PAPA D'S PIZZA *

226 Brandilynn Blvd. (319) 266-6500

Cedar Valley's Nascar Restaurant featuring: Pizza, Sandwiches, Chicken, and Noon Buffet.

PEPPERS GRILL AND SPORTS PUB

620 E. 18th St. (319) 266-9394

Watch your favorite sports on a big screen TV while you enjoy great burgers and steaks. Seafood and salads available too.

THE PIZZA HOUSE

1621 W. 22nd St. (319) 268-0448

Pizza and sandwiches. Dine-in or carry out.

PIZZA HUT (Delivery or Carryout) *

1612 W. 1st St. (319) 266-1300

PIZZA HUT (Dine-in or Carry-out)

6130 University Ave. (319) 277-3661

Enjoy famous Pizza Hut pizza, sandwiches, and breaksticks.

THE PUMP HOUSE PUB AND GRILLE

403 Main St. (319) 277-8111

Fun, friendly and unique atmosphere along with great food.

THE SKYWAY STEAK OUT

2627 Center St. (319) 277-3648

A great place to enjoy steak, especially when you can grill it yourself. Roasted or grilled chicken and sandwiches are also available.

SUB CITY *

2218 College St. (319) 277-7071

One hundred percent guaranteed, authentic, New Jersey Submarine Sandwiches. Twenty-nine varieties are available.

THE SUB FACTORY

206 Brandilynn Blvd. (319) 266-1259

Freshly made subs, salads and soups. Desserts too! Open seven days a week. (In front of Blain's Farm and Fleet)

TEXAS ROADHOUSE

College Square Mall (319) 266-3200

Treat yourself to killer ribs, hearty steaks, ice cold beer and yeast rolls fresh from the oven.

TOAD'S BAR AND GRILL

204 Main St. (319) 266-3507

Cheerful bar atmosphere serving sandwiches and daily noon specials. Open seven days a week.

TSUNAMI GRILL

Black Hawk Village (319) 266-1101

A new wave of entertainment in the Cedar Valley! A taste of sushi and other fine appetizers in a relaxed dining and drinking atmosphere.

VILLAGE IN PANCAKE HOUSE *

6301 University Ave. (319) 277-5551

Complete menu for breakfast, lunch and dinner. Also serves a wide variety of homemade pies.

WAFFLE STOP

904 Rainbow Dr. (319) 277-1729

Great breakfasts with homemade waffles, omelets; also soups and salads.

FAST FOODS**ARBY'S ***

6018 University Ave. (319) 266-3627

Specialty sandwiches, salads, and the famous Jamoca shake.

A & W FAMILY RESTAURANT *

Hwy 58 and Viking Rd. (319) 277-0002

All American food and root beer floats.

BURGER KING OF CEDAR FALLS *

College Square Mall (319) 266-1087

Charbroiled burgers your way. Fast food.

DOMINO'S

6826 University Ave. (319) 277-3030

Pizza served your way. Carry-out and delivery available.

GREAT AMERICAN COOKIES
College Square Mall (319) 277-9927
Cookies, brownies and cookie cakes.

KENTUCKY FRIED CHICKEN *
6104 University Ave. (319) 266-8551
Enjoy fried chicken, sandwiches, and barbecue wings with a wide selection of sides.

MCDONALD'S *
2515 Main St. (319) 266-6330
610 W. 1st St. (319) 266-0677
Enjoy America's "favorite fries". Fast good for breakfast, lunch and dinner.

PAPA JOHN'S PIZZA
1322 w. 1st St. (319) 277-7722
Enjoy carry-out or delivery pizza with your choice of toppings. Also enjoy sourdough breaksticks with garlic butter or cheese sauce

PAPA MURPHY'S
1310 West 1st St. (319) 273-9999
Take 'N' Bake Pizza. Big Pizza. Big Taste.

PRETZEL MAKER
College Square Mall (319) 277-9927
The World's best soft pretzels!

QUIZNOS "OVEN BAKED" SUBS *
4116 University Ave., Ste. 103 (319) 266-3233
Offering oven baked subs, salads, and soups. Dine-in or carry-out. Available for catering and delivery.

SUBWAY *
1525 W. 1st St. (319) 268-4225
6822 University Ave. (319) 268-1774
Submarine sandwiches made with your choice of toppings. Bread made fresh throughout the day.

TACO BELL *
6023 University Ave. (319) 268-4399
Mexican food...fast! Dine-in or carry-out.

TACO JOHN'S *
6210 University Ave. (319) 277-6658
Features a large choice of Mexican items including tacos, burritos, and potato oles.

WENDY'S *
Black Hawk Village (319) 277-1765
Fast food burgers sandwiches and salad bar. Ninety-nine cent super-value menu too,

ZIO JOHNO'S *
5312 University Ave. (319) 859-0111
Zio's very own pizza, pasta, subs, pitas and gyros.

* Smoke free dining