



# UNIVERSITY OF DUBUQUE

Track & Field  
Home Meet Information  
2023

**Sites:** **Chlapaty Recreation and Wellness Center** – 150 McCormick Street Extension, Dubuque, IA 52001  
**A.Y. McDonald Indoor Track** – <https://udspartans.com/facilities/a-y-mcdonald-indoor-track/4?path=wtrack>  
**Douglas J. Miller Outdoor Track** – <https://udspartans.com/facilities/douglas-j-miller-track/14?path=mtrack>

**Entries:** Only entries done online will be accepted: [ia.milesplit.com](http://ia.milesplit.com)  
**Eligibility:** Open to student-athletes from participating schools only

**Entry Limits:** Specified on each meet sheet.  
**Entry Fee:** **\$150 per gender team or \$300 for both genders / paid online only**

**Meet Dates:** **Tuesday, March 14 – STEVE RUTZ STARTER MEET – CO-ED**  
**Friday, March 17 – UD HIGH SCHOOL CLASSIC – GIRLS**  
**Saturday, March 18 – UD HIGH SCHOOL CLASSIC – BOYS**  
**Tuesday, March 21 – RIVER VALLEY CONFERENCE CHAMPIONSHIPS\***  
**Friday, March 24 – TRI-RIVERS CONFERENCE CHAMPIONSHIPS\***  
**Saturday, March 25 – IOWA INDOOR CHAMPIONSHIPS (info to come)**  
*\*open to conference schools only*

**Venue Info:** **ACCESS:** Only athletes, coaches and staff are allowed on the track.  
**SPECTATORS/FEES:** \$5/person/Kids 12 & under FREE  
**SEATING:** Seating available on the mezzanine/grandstands.  
**CONCESSIONS:** Concessions will be open.  
**SPIKES:** Only ¼ (or less) inch pyramid spikes are permitted.  
**THROWS:** Shot/Weight on WOOD indoors. CEMENT outdoors. Javelin on GRASS.  
**JUMPS:** All jumps on track surface. Spikes allowed for high jump.  
**FOOD/DRINK:** No food or colored drinks on the track – WATER ONLY

**Timing:** AccuRace Timing Services - [www accuracetimeing.com](http://www accuracetimeing.com)

**Parking:** **Bus parking in south Chlapaty lot beyond indoor track through gates.**  
DO NOT PARK IN LOT DIRECTLY SOUTH OF CRWC OR ANYWHERE OTHER THAN LOT ABOVE!

**Sports Medicine:** 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. Teams traveling with a certified athletic trainer are welcome to use our facilities and modalities. Teams traveling without a certified athletic trainer will be assisted by our staff for treatments, taping and injury care. Prior written notification must be provided for modality treatments. Please provide your own supplies.

Contact: Matty Burst, Certified Athletic Trainer, with questions.  
**Phone:** 563-589-3119 **Email:** [mburst@dbq.edu](mailto:mburst@dbq.edu)

**Administration:** Nelson Edmonds, Vice President of Student Engagement and Intercollegiate Athletics  
**Phone:** 563-589-3867 **Email:** [nedmonds@dbq.edu](mailto:nedmonds@dbq.edu)

Wendi Wipperfurth, Associate Athletic Director  
**Phone:** 563.589.3229 **Email:** [VWipperfurth@dbq.edu](mailto:VWipperfurth@dbq.edu)

**Management:** ***Meet Director***  
Frankie Bakalars, Director of Track & Field Operations/Assistant Track & Field Coach  
**Phone:** 608-792-9644 **Email:** [fbakalars@dbq.edu](mailto:fbakalars@dbq.edu)



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# UNIVERSITY OF DUBUQUE

Track & Field and Cross Country  
**STEVE RUTZ STARTER MEET CO-ED**  
Tuesday, March 14, 2023

Chlapaty Recreation and Wellness Center  
A.Y. McDonald Indoor Track

Meet Director: Frankie Bakalars [fbakalars@dbq.edu](mailto:fbakalars@dbq.edu) 608.792.9644

Entry fee: \$150 per gender team/\$300 for both genders. **ONLINE PAYMENTS ONLY.**  
Entry limits: 3 Varsity entries/event, 3 JV in HJ, LJ, SP, 55M, 1500/1600, 1 Varsity & 1 JV Relay

Online registration and payment only at [ia.milesplit.com](http://ia.milesplit.com)  
**ENTRIES/FEES ARE DUE: Sunday, March 12, 2023 by 9:00PM**

## TENTATIVE Meet Schedule –

**\*updated/official schedule will be emailed out prior to the meet\***

*\*Schedule is Predicted by confirmed teams/total possible number of entries*

### FIELD EVENTS

- 4:00 Shot Put – Varsity then JV - Varsity to Finals (JV 4 throws, no finals)**  
Boys in south circle, Girls in center circle
- 4:00 Long Jump – Girls open pit 90 minutes - 4 jumps, no finals (Varsity & JV together)**
- 4:00 High Jump – Varsity & JV together**  
Boys first, Girls to follow
- 6:00 Long Jump – Boys open pit 90 minutes – 4 jumps, no finals (Varsity & JV together)**

### RUNNING EVENTS (GIRLS FOLLOWED BY BOYS IN ALL RACES)

- |   |  |
|---|--|
| <b>4:00 G 4x800m Relay Varsity</b><br>1 section | <b>5:45 G 55m Hurdles Varsity</b><br>2-3 sections      |
| <b>4:14 G 4x800m Relay JV</b><br>1 section      | <b>6:00 B 55m High Hurdles Varsity</b><br>2-3 sections |
| <b>4:28 B 4x800m Relay Varsity</b><br>1 section | <b>6:15 G 1500m Run Varsity</b><br>2 sections          |
| <b>4:41 B 4x800m Relay JV</b><br>1 section      | <b>6:28 G 1500m Run JV</b><br>2 section                |
| <b>4:55 G 55m Dash Varsity</b><br>4 sections    | <b>6:40 B 1600m Run Varsity</b><br>2 sections          |
| <b>5:10 G 55m Dash JV</b><br>4 sections         | <b>6:55 B 1600m Run JV</b><br>2 sections               |
| <b>5:20 B 55m Dash Varsity</b><br>4 sections    | <b>7:10 G 4x200M Relay Varsity</b><br>2 sections       |
| <b>5:35 B 55m Dash JV</b><br>4 sections         | <b>7:20 G 4x200M Relay JV</b><br>2 sections            |



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**7:30 B 4x200M Relay Varsity**  
*2 sections*  
**7:40 B 4x200M Relay JV**  
*2 sections*  
**7:55 G 800M Run Varsity**  
*2 sections*  
**8:05 B 800M Run**  
*2 sections*

**8:15 G 4x400M Relay Varsity**  
*2 sections*  
**8:30 G 4x400M Relay JV**  
*2 sections*  
**8:45 B 4x400M Relay Varsity**  
*2 sections*  
**8:55 B 4x400M Relay JV**  
*2 sections*