



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

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**
Thursday, March 16 – UD HIGH SCHOOL CLASSIC – BOYS
Friday, March 17 – UD HIGH SCHOOL CLASSIC – GIRLS
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

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

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

Wendi Wipperfurth, Associate Athletic Director

Phone: 563.589.3229 **Email:** WWipperfurth@dbq.edu

Management: **Meet Director**

Frankie Bakalars, Director of Track & Field Operations/Assistant Track & Field Coach

Phone: 608-792-9644 **Email:** fbakalars@dbq.edu



University of Dubuque
Track & Field | Cross Country



UNIVERSITY OF DUBUQUE

Track & Field and Cross Country
UD HIGH SCHOOL GIRLS CLASSIC
Friday, March 17, 2023

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

Meet Director: Frankie Bakalars 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, 1 relay/EXCEPTION – only 2 in 400m and 3000/3200
3 JV in HJ, LJ, TJ, PV, SP, 55M, 1500/1600, 1 relay

Online registration and payment only at ia.milesplit.com

ENTRIES/FEES ARE DUE: Wednesday, March 15, 2023 by 9:00PM

Medals/Awards: **EVENT CHAMPIONS and RELAY CHAMPIONS** receive t-shirts.
Winning teams will be awarded a championship trophy.

Girl's Tentative Meet Schedule – Friday, March 18, 2022

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

FIELD EVENTS

- 4:00 Shot Put – Flights (Varsity then JV) 3 throws, 9 Varsity to Finals**
3 flights JV / 3 flights Varsity
- 4:00 Varsity Long Jump – 90 min. OPEN PIT - Top 9 to Finals at 5:45pm**
JV follows – 30 min. OPEN PIT (3 jumps)
- 4:30 Varsity High Jump – starting height 4'0" JV follows starting height 3'8"**
- 4:30 Pole Vault *Exhibition* – starting height 6'**
- 7:15 Triple Jump – 30 min. OPEN PIT (3 jumps no finals) follows JV Long Jump**

TRACK EVENTS

- 4:00 4x800m Relay (Varsity then JV) 4 sections**
- 4:50 55m Dash (Varsity then JV) Top 8 times to Finals 15 sections (8 Varsity / 7 JV)**
- 5:25 55m Hurdles (33") Top 8 times to Finals 7 sections**
- 5:45 Medley Relay (Varsity then JV) – (200m-200m-400m-800m) 8 sections (4 Varsity / 4 JV)**
- 6:35 1500m Run (Varsity then JV) 5 sections (3 Varsity / 2 JV)**
- 7:15 55m Dash Finals**
- 7:20 55m Hurdle Finals**

– Chad Gunnelson – Director of Track & Field | Cross Country –
University of Dubuque – 2000 University Avenue – Dubuque, IA – 52001-5099

CGunnelson@dbq.edu – Office: 563-589-3860 – Mobile: 608-658-6538 – Fax: 563-589-3425 – Mercer-Birmingham 214

7:25 400M Dash 7-9 sections
7:50 4x200M Relay (Varsity then JV) 8 sections (4 Varsity / 4 JV)
8:30 800M Run 4 sections
8:55 3000M Run 2 sections
9:25 4x400M Relay (JV then Varsity) 8 sections (4 JV / 4 Varsity)

Individual Event Champions/Relay Champion awards immediately following the event
Team trophy will be awarded after the 4x400M Relay



UNIVERSITY OF DUBUQUE

Track & Field and Cross Country
UD HIGH SCHOOL BOYS CLASSIC
Thursday, March 16, 2023

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

Meet Director: Frankie Bakalars 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, 1 relay/EXCEPTION – only 2 in 400m and 3000/3200
3 JV in HJ, LJ, TJ, PV, SP, 55M, 1500/1600, 1 relay

Online registration and payment only at ia.milesplit.com
ENTRIES/FEES ARE DUE: Tuesday, March 14, 2023 by 9:00PM

Medals/Awards: **EVENT CHAMPIONS** and **RELAY CHAMPIONS** receive t-shirts.
Winning teams will be awarded a championship trophy.

Boys's Tentative Meet Schedule – Saturday, March 19, 2022

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

FIELD EVENTS

4:00 Shot Put – Flights (Varsity then JV) 3 throws, 9 Varsity to Finals
3 flights JV / 3 flights Varsity
4:00 Varsity Long Jump – 90 min. OPEN PIT - Top 9 to Finals at 5:45pm
JV follows – 30 min. OPEN PIT (3 jumps)
4:30 Varsity High Jump – starting height 4'0" JV follows starting height 3'8"
4:30 Pole Vault *Exhibition* – starting height 6'
7:15 Triple Jump – 30 min. OPEN PIT (3 jumps no finals) follows JV Long Jump

TRACK EVENTS

4:00 4x800m Relay (Varsity then JV) 4 sections
4:50 55m Dash (Varsity then JV) Top 8 times to Finals 15 sections (8 Varsity / 7 JV)
5:25 55m Hurdles (33") Top 8 times to Finals 7 sections
5:45 Medley Relay (Varsity then JV) – (200m-200m-400m-800m) 8 sections (4 Varsity / 4 JV)
6:35 1500m Run (Varsity then JV) 5 sections (3 Varsity / 2 JV)
7:15 55m Dash Finals
7:20 55m Hurdle Finals
7:25 400M Dash 7-9 sections

7:50 4x200M Relay (Varsity then JV) 8 sections (4 Varsity / 4 JV)
8:30 800M Run 4 sections
8:55 3000M Run 2 sections
9:25 4x400M Relay (JV then Varsity) 8 sections (4 JV /4 Varsity)

Individual Event Champions/Relay Champion awards immediately following the event
Team trophy will be awarded after the 4x400M Relay