

**2010 USA Outdoor Track & Field Championships**

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2010 USA  OUTDOOR  
TRACK & FIELD  
CHAMPIONSHIPS  
DRAKE STADIUM · DES MOINES · IA

2010 USATF OUTDOOR CHAMPIONSHIPS  
PARTICIPANT  
MANUAL  
JUNE 23-27, 2010

# 2010 USA Outdoor Track & Field Championships

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## GENERAL INFORMATION

### MAILING AND SHIPPING ADDRESSES:

Drake Athletics Mailing Address:  
Drake University  
2507 University Avenue  
Des Moines, Iowa 50311

Drake Athletics Overnight Shipping:  
**(POLE VAULT POLES & JAVELINS ONLY)**  
Drake University  
1422 27<sup>th</sup> Street  
Des Moines, Iowa 50311

### INTERNET ACCESS:

For the latest news concerning Drake University Athletics, the city of Des Moines, please refer to these Web sites:

Drake University Athletics	<a href="http://www.godrakebulldogs.com">www.godrakebulldogs.com</a>
Greater Des Moines Convention & Visitors Bureau	<a href="http://www.seedesmoines.com">www.seedesmoines.com</a>
Des Moines Register (newspaper)	<a href="http://www.desmoinesregister.com">www.desmoinesregister.com</a>
Des Moines International Airport	<a href="http://www.dsairport.com">www.dsairport.com</a>

## Local Organizing Committee

Oversight Committee	Sandy Hatfield-Clubb	515-271-2889	<a href="mailto:sandra.clubb@drake.edu">sandra.clubb@drake.edu</a>
Oversight Committee	Mark Kostek	515-271-2228	<a href="mailto:mark.kostek@drake.edu">mark.kostek@drake.edu</a>
Oversight Committee	Brian Brown	515-271-2115	<a href="mailto:brian.brown@drake.edu">brian.brown@drake.edu</a>
Oversight Committee	Mike Cigelman	515-271-3810	<a href="mailto:michael.cigelman@drake.edu">michael.cigelman@drake.edu</a>
Oversight Committee	Dennis Francois	515-271-4628	<a href="mailto:dennis.francois@drake.edu">dennis.francois@drake.edu</a>
Oversight Committee	Al Lorenzen	515-699-3434	<a href="mailto:alorenzen@desmoinescvb.com">alorenzen@desmoinescvb.com</a>
Media Services	Mike Mahon	515-271-2114	<a href="mailto:mike.mahon@drake.edu">mike.mahon@drake.edu</a>
Medical Services	Scott Kerr	515-271-2816	<a href="mailto:scott.kerr@drake.edu">scott.kerr@drake.edu</a>
Doping Control	Steve Lynn	515-633-5011	<a href="mailto:Lynns@wdmcs.org">Lynns@wdmcs.org</a>
Head Track Coach	Natasha Brown	515-271-2748	<a href="mailto:natasha.kaiserbrown@drake.edu">natasha.kaiserbrown@drake.edu</a>
Food Concessions Manager	Akram Nagi	515-271-4872	<a href="mailto:akram.nagi@drake.edu">akram.nagi@drake.edu</a>
Facilities Manager	Michael Ball	515-271-4876	<a href="mailto:michael.ball@drake.edu">michael.ball@drake.edu</a>
Grounds Manager	Jeff Bosworth	515-202-8847	<a href="mailto:Jeff.Bosworth@drake.edu">Jeff.Bosworth@drake.edu</a>
Officials Coordinator	Chris Smith	515-229-7262	<a href="mailto:smith5794@msn.com">smith5794@msn.com</a>
Security	Hans Hanson	515-271-2222	<a href="mailto:Hans.Hanson@drake.edu">Hans.Hanson@drake.edu</a>
Volunteer Coordinator	Carolyn Hill	515-271-2114	<a href="mailto:Carolyn.Hill@drake.edu">Carolyn.Hill@drake.edu</a>
Marketing Director	Tiffany Tauscheck	515-699-3433	<a href="mailto:ttauscheck@desmoinescvb.com">ttauscheck@desmoinescvb.com</a>
Ticketing Manager	Megan Schneider	515-271-4949	<a href="mailto:megan.schneider@drake.edu">megan.schneider@drake.edu</a>
Parking Manager	Matt Miller	515-271-3849	<a href="mailto:matt.miller@drake.edu">matt.miller@drake.edu</a>
Hospitality Coordinator	Al Lorenzen	515-699-3434	<a href="mailto:alorenzen@desmoinescvb.com">alorenzen@desmoinescvb.com</a>
Catering Coordinator	Brett Lindman	515-271-3518	<a href="mailto:brett.lindman@drake.edu">brett.lindman@drake.edu</a>
Transportation Coordinator	Scott Koch	515-699-3460	<a href="mailto:skoch@desmoinescvb.com">skoch@desmoinescvb.com</a>
Officials Housing Coordinator	Carolyn Hill	515-271-2114	<a href="mailto:carolyn.hill@drake.edu">carolyn.hill@drake.edu</a>
Packet Pick-up/Registration	Katie Jessen	515-699-3452	<a href="mailto:kjessen@desmoinecvb.com">kjessen@desmoinecvb.com</a>
Receiving Manager	Matt Miller	515-271-3849	<a href="mailto:matt.miller@drake.edu">matt.miller@drake.edu</a>
Shuttle Service Manager	Katie Jessen	515-699-3452	<a href="mailto:kjessen@desmoinecvb.com">kjessen@desmoinecvb.com</a>

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## IMPORTANT PHONE NUMBERS:

USATF Helpline/Brian Brase	(317) 339-5236	<a href="mailto:brian.braser@usatf.org">brian.braser@usatf.org</a>
Athlete Transportation Helpline	(816) 830-3418	
USADA Drug Reference Hotline	(800) 233-0393	
Sue Humphrey, Women's Track & Field Chair	(512) 751-4551	<a href="mailto:humphreyhj@aol.com">humphreyhj@aol.com</a>
John Chaplin, Men's Track & Field	(509) 595-7355	<a href="mailto:jpchaplin@hughes.net">jpchaplin@hughes.net</a>
Vince Peters, Race Walking Chair	(937) 689-4202	<a href="mailto:mv_tc@sbcglobal.net">mv_tc@sbcglobal.net</a>

## Drake University Athletics Staff

Director of Athletics	Sandy Clubb	515-271-2889	<a href="mailto:sandra.clubb@drake.edu">sandra.clubb@drake.edu</a>
Assoc. A.D. - Facilities	Mike Cigelman	515-271-3810	<a href="mailto:mike.cigelman@drake.edu">mike.cigelman@drake.edu</a>
Assoc. A.D. - Compliance	Heather Weems	515-271-2809	<a href="mailto:heather.weems@drake.edu">heather.weems@drake.edu</a>
Assoc. A.D. - External Affairs	Dennis Francois	515-271-2228	<a href="mailto:dennis.francois@drake.edu">dennis.francois@drake.edu</a>
Assoc. A.D. - Drake Relays	Brian Brown	515-271-2115	<a href="mailto:brian.brown@drake.edu">brian.brown@drake.edu</a>
Assist. A.D. – Special Events	Mark Kostek	515-271-2228	<a href="mailto:mark.kostek@drake.edu">mark.kostek@drake.edu</a>
Business Manager	Sue Tygeson	515-271-3793	<a href="mailto:Sue.Tygeson@drake.edu">Sue.Tygeson@drake.edu</a>
Sports Information Director	Mike Mahon	515-271-3014	<a href="mailto:mike.mahon@drake.edu">mike.mahon@drake.edu</a>
Assistant Director Relays/SID	Carolyn Hill	515-271-2115	<a href="mailto:carolyn.hill@drake.edu">carolyn.hill@drake.edu</a>
Director of Ticket Operations	Megan Schneider	515-271-4949	<a href="mailto:megan.schneider@drake.edu">megan.schneider@drake.edu</a>
Head Athletic Trainer	Scott Kerr	515-271-2628	<a href="mailto:scott.kerr@drake.edu">scott.kerr@drake.edu</a>
Historian	Paul Morrison	515-271-2889	<a href="mailto:jolene.ostbloom@drake.edu">jolene.ostbloom@drake.edu</a>
Facilities Assistant Director	John Selin	515-271-3157	<a href="mailto:john.selin@drake.edu">john.selin@drake.edu</a>
Grounds Manager	Jeff Bosworth	515-271-2715	<a href="mailto:jeff.bosworth@drake.edu">jeff.bosworth@drake.edu</a>
Facilities Operations Manager	Mark Chambers	515-271-3955	<a href="mailto:mark.chambers@drake.edu">mark.chambers@drake.edu</a>

## Track and Field Staff

Head Coach—Track & Field	Natasha Brown	515-271-2748	<a href="mailto:natasha.brown@drake.edu">natasha.brown@drake.edu</a>
Asst. Coach—Track & Field	Kevin Henderson	515-271-3013	<a href="mailto:kevin.henderson@drake.edu">kevin.henderson@drake.edu</a>
Head Coach—Cross Country	Dan Hostager	515-271-4138	<a href="mailto:dan.hostager@drake.edu">dan.hostager@drake.edu</a>

## Fax Numbers

Athletic Offices – 515-271-4870

Sports Information Office – 515-271-3015

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## Tickets:

Tickets for the championship may be purchased from the Drake University Athletic Ticket Office phone: 515-271-DOGS (3647) or on-line at [www.godrakebulldogs.com](http://www.godrakebulldogs.com). Ticket office hours for Monday-Friday are as follows:

### **Knapp Center Lobby:**

**Monday:** 9:00 a.m. – 5:00 p.m.  
**Tuesday:** 9:00 a.m. – 7:00 p.m.  
**Wednesday:** 8:30 a.m. – 8:00 p.m.  
**Thursday:** 9:00 a.m. – 8:00 p.m.  
**Friday:** 9:00 a.m. – 9:00 p.m.  
**Saturday:** 9:00 a.m. – 4:00 p.m.  
**Sunday:** Stadium Only

### **Stadium:**

**Monday:** Knapp Center Lobby Only  
**Tuesday:** Knapp Center Lobby Only  
**Wednesday:** 8:30 a.m. – 8:00 p.m.  
**Thursday:** 9:15 a.m. – 8:00 p.m.  
**Friday:** 11:30 p.m. – 9:00 p.m.  
**Saturday:** 9:30 a.m. – 4:00 p.m.  
**Sunday:** 10:00 a.m. – 3:00 p.m.

### **All-Session Ticket Prices**

All-Session \$100

### **Individual Session Ticket Prices**

Individual session tickets go on sale May 1, 2010. Prices are as follows:

Wednesday	\$20
Thursday	\$25
Friday	\$30
Saturday	\$30
Sunday	\$30
Saturday & Sunday package	\$50

### **Questions**

For questions about tickets, call 515-271-DOGS (3647) between 9:00 a.m. and 5:00 p.m. CST Monday-Friday. Will Call tickets are available at the Knapp Center Ticket Office and at the stadium on Sunday.

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## **Member Appreciation Weekend is an exclusive VIP event for current USATF members:**

All current USATF members can participate in Member Appreciation Weekend hospitality. We encourage you to bring your current USATF membership card or your 2010 membership e-mail confirmation for entry. If you are not a current USATF member and would like to participate in Member Appreciation Weekend activities you can [join online today](#) or on site during Member Appreciation Weekend.

## **Come and Enjoy:**

- Private Member-Only Tent
- Member-Only Gift
- Light Refreshments
- Daily Member-Only Drawings
- Athlete Autograph Sessions
- And so much more!

## **Discounted Tickets:**

Receive a 10% discount on 2010 USA Outdoor Track & Field Championships tickets in the Members-Only Cheering Zone, section "Y".

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## Directions

### From North

#### Via I-35

1. Take I-35 south
2. Follow I-35 to I-235 south/west
3. Follow I-235 through downtown Des Moines
4. Exit on 31<sup>st</sup> Street
5. Turn right on 31<sup>st</sup> Street
6. Follow 31st Street to Forest Ave.
7. Turn right on Forest Avenue
8. Follow Forest Avenue to 28<sup>th</sup> St.
9. Drake Stadium is located on the intersection of 28<sup>th</sup> Street and Forest Avenue

### From West

#### Via I-80

1. Take I-80 east
2. Follow I-80 to I-235 east
3. Take I-235 east into Des Moines
4. Exit on 31<sup>st</sup> Street
5. Turn left on 31<sup>st</sup> Street
6. Follow 31st Street to Forest Ave.
7. Turn right on Forest Avenue
8. Follow Forest Avenue to 28<sup>th</sup> St.
9. Drake Stadium is located on the intersection of 28<sup>th</sup> Street and Forest Avenue.

### From East

#### Via I-80

1. Take I-80 west
2. Follow I-80 to I-235 south/west
3. Follow I-235 through downtown Des Moines
4. Exit on 31<sup>st</sup> Street
5. Turn right on 31<sup>st</sup> Street
6. Follow 31st Street to Forest Ave.
7. Turn right on Forest Avenue
8. Follow Forest Avenue to 28<sup>th</sup> St.
9. Drake Stadium is located at the intersection of 28<sup>th</sup> St. and Forest Avenue.

### From Airport to Stadium

#### Via Fleur and MLK Parkway

1. Take a left from airport exit onto Fleur Dr.
2. Fleur Dr. will turn into MLK Parkway.
3. Follow MLK until you get to Forest Avenue
4. Take a left on Forest.
5. Stadium is located on corner of Forest & 27<sup>th</sup> Street.

### From Airport to Downtown

#### Via Fleur and MLK Parkway

6. Take a left from airport exit onto Fleur Dr.
7. Follow Fleur until you get to MLK Parkway.
8. Exit to the right to enter MLK.
9. Follow MLK Parkway and exit left on any of the streets following to get into the downtown area.

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## Drake Stadium Facilities

### Drake Stadium featuring the Jim Duncan Track

The recently renovated Drake Stadium not only serves as the home of the Bulldog football team, but also the Drake Relays, known as "America's Athletic Classic" – one of the most popular track and field venues in the world. The stadium is the focal point of the Drake campus each April when it hosts the prestigious Drake Relays – the premier sporting event in Iowa which attracts world-class athletes including many Olympic gold medalists.

Drake Stadium hosted the 2007 NCAA Midwest Regional Track and Field Championships, 2008 NCAA Outdoor Track and Field Championships and the 2010 USA Outdoor Track & Field Championships.



Following the 2005 Iowa State High School Track and Field meet, Drake embarked on the most significant renovation project of Drake Stadium since it was dedicated in the fall of 1925. The track was reconfigured and the new Mondo-surfaced track had lanes widened from 42 inches to 48 inches.

The first three rows of seats were removed to create a required NCAA and USATF buffer zone between the runners and the crowd. New throwing venues for the javelin, discus, and hammer throw were developed on a field directly north of the stadium. Musco Lighting also was installed along with a new scoreboard on the northeast corner of the stadium.

The track was renamed the Jim Duncan Track in 1988, honoring Jim Duncan, the former public address voice of the Drake Relays. Drake Stadium was built in 1925 with a seating capacity of 18,000 in a building project that also furnished the 4,000-seat Drake Field House. Drake Stadium opened Oct. 10, 1925. The original name of Haskins Field was changed to Drake Stadium at the request of Norman Haskins, the donor of the original stadium. The natural amphitheater aspect of the Drake Stadium remains.

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## Jim Duncan Track Specifications & Description

Jim Duncan Track is on the campus of the Drake University and it will serve as the competition facility.

Mondo Super X track surface installed November 2005

Eight Lane Track with a 9<sup>th</sup> (safety) lane

Width of lanes is 48"

400.0125m oval: 37.25 radius; steeplechase water hurdle is located inside the track

Stadium seating capacity is 14,000

### **Pole Vault**

Composition - Mondo

Type of runway - Mondo

Length - 140 ft

Width - 48 inches

Type of pit and standards - Gill International PV landing system and standards - it is located on the east backstretch.

### **High Jump**

Composition - Mondo

Type of runway - Mondo

Length - area is 130 feet x 130 feet

Radius of apron-Square

Type of pits and standard - Gill International Landing pits and standards is located in the South "D" Zone

### **Long Jump**

Composition - Mondo

Type of runway - Mondo

Length - 140+feet; Width - 48 inches wide

Size of landing area(s) - 3 meters wide x 9 meters long

Take-off boards are 3 meters from the pit edge

Types of pits and standards - Sand Pit

### **Triple Jump**

Composition - Mondo

Type of runway - Mondo

Length - 140+feet; Width - 48 inches

Size of landing area(s) - 3 meters wide x 9 meters long

Type of pits and standards - Sand pit, Gill IAAF take of systems

Women's' 11 meters and Men's 13 meters

### **Shot Put**

Composition- Toe board Gill aluminum

Shot toe board for depressed concrete pad - it is located in the South "D" zone

### **Discus**

Composition - Poured concrete, recessed ring

Gill tall HT/DT cage

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## **Javelin**

Composition - Mondo Super X Run

Type of runway – Mondo

Length - 142 ft

Width - 4.5 meters

## **Hammer**

Composition - Poured concrete, recessed ring

Gill tall HT/DT cage

Conversion Circle

Though all field events do not occur on the infield of the track, due to the open bowl lay-out of the stadium all field events can be seen from and accessed from inside the stadium. The infield area is composed of field turf.

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## TRACK AND FIELD KEY OFFICIALS

### **Starters or Recall**

**Chief** - Eric Zemper  
Tiffany Banks  
Thomas Hott  
Lloyd McMillan  
Raymond Pierre  
Jeff Richards

### **Umpires**

**Chief** - Gordon Boccock  
Clarence Caballero  
Ira Dunsworth  
Larry Henning  
Karen Homan  
DeLewis Johnson  
Robert Latham  
James Mckee  
Bill Neal  
Thomas Priester  
Robert Stacey  
Lloyd Stull  
Terry Sudrla  
Terry Thompson  
Joseph Toot  
Charles Walker  
Denny White

### **Technical Manager**

**Chief** - Jim Flanik  
Kevin Stuart

### **Pole Vault**

**Chief** - Richard Schornstein  
Dennis Boyle  
Sam Gomer  
Paul Kosek  
Lynn Lindaman  
Brett Newsome  
Dennis Olafson  
John Shirley  
Reginald Weissglass  
Donna Zirgibel

### **Marshal**

**Chief** - Martha Sharpe  
Ronald Barnett  
Bill Ebert  
Thomas Epperly  
Roy Hawkins Sr  
Roger Kriebs  
Gloria Louis  
Philip Macumber  
Steve Roth  
Shelby Sharpe  
Michael Stanley  
Rhiny Williams

### **Clerk of Course**

**Chief** - Daniel Reynolds  
Yancy Beavers  
Bill Doreen  
Lloyd Garcia  
Sherry Hott  
Bill Keck  
Edward Koch  
Larry Mchone  
Kenneth Morton  
James Smyth  
Bob White

### **Javelin Thrown**

**Chief** - John Murray  
George Adams  
Robert Gidari  
Eric Gilchrist  
Bruce Long  
Frank Newton  
Richard Straway

### **Discus**

**Chief** - Scott Rose  
Brint Adams  
Scott Bauer  
LuAnn Grove  
David O'Brien  
Tim Sweet  
Dick Washburn

### **Long Jump/Triple Jump**

**Chief** - Theodore Hayes  
Jerald Adams  
Joseph Bouley  
Larry Callahan  
Jerry Carpenter  
Shirley Connors  
Carey Evans  
Paula Everdell- Brown  
Raymond Gaul  
David Groen  
Kathleen Johnston  
Richard Lajoie  
Robert Mears  
Paul Stelly  
Michele Walker  
Douglas Winemiller  
Gloria Winemiller

### **Finish Line**

**Chief** - Ned O'Doherty  
Ken Kopecky

### **Inspector of Implement**

**Chief** - Richard Messenger  
James Lee  
Gary Paulsen  
Jon Turner  
Jo Burrows

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## TRACK AND FIELD KEY OFFICIALS (cont.)

### **High Jump**

**Chief** - Mike Armstrong  
Jay Gruenwald  
Michael Karlson  
Ken Lefever  
Kathleen McLymond  
Troy Rutz

### **Hammer**

**Chief** - Patrick Lavelle  
Douglas Allen  
Dick Cochran  
Maryanne Daniel  
David Kroese  
Lance Turley  
Cornie Wassink

### **Shot Put**

**Chief** - Steven West  
Bonnie Bell  
Bobby James  
Scott McAdam  
Cindy Schmell

### **Electronic Measuring & Palm Pilots**

**Chief** - Curt Broek  
Justin Kuo  
Anne Lindaman  
Roger Poage  
Eric Smith  
Jimmy Stuart

### **Race Walk**

**Chief** - Ronald Daniel  
Jo Burrows  
Sandra DeNoon  
Patricia Hanna  
Gary O'Daniels  
Dan Pierce  
Richard Robert

### **Technical Officials**

**Chief** – Jim Carlisle  
Dick Connors  
Dee Jensen  
Delores Murray  
Betsy Reed

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## Transportation

### Event Shuttle:

Three different shuttle routes will provide transportation from hotel properties to Drake Stadium, beginning Monday, June 21<sup>st</sup> through Sunday, June 27<sup>th</sup>. Shuttle loops will run every hour from each shuttle pick up location. A third route will serve the practice facility from Drake Stadium beginning Tuesday, June 22<sup>nd</sup> through Friday, June 25<sup>th</sup>.

1. A shuttle loop will run from downtown to Drake Stadium stopping at the Des Moines Marriott and then the Renaissance Savery. (Utilizing a 47 passenger charter.)
2. A second shuttle loop will run from downtown to Drake Stadium stopping at the Hotel Fort Des Moines, Embassy Suites on the River and the Holiday Inn Mercy Campus. (Utilizing a 47 passenger charter.)
3. A third shuttle loop will run from West Des Moines properties stopping at the Drury Inn & Suites, Courtyard by Marriott West Des Moines, West Des Moines Marriott and the Sheraton to Drake Stadium. (Utilizing a 47 passenger charter.)
4. There will also be 15 passenger vans available at Drake Stadium to shuttle athletes to the practice facility at Waukee High School.

You must have your credential to board the shuttle service to Drake Stadium. Shuttle drop off/pick up will be located on the corner of Forest and 27<sup>th</sup>. Credentials will not be necessary to board the shuttle on Monday, Tuesday and Wednesday if you indicate the driver you are going to "Packet Pick-Up."

### Dropping Off Athletes:

Competitors may be dropped off along the west curb-line of 27<sup>th</sup> Street. This will allow easy access to the warm-up area(s) or the stadium.

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## **Individual Downtown Hotel Shuttle Schedules:**

### **Downtown Marriott**

The shuttle bus from Downtown Marriott to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21 <sup>st</sup>	11:00am-6:00pm
Tuesday, June 22 <sup>nd</sup>	8:00am-6:00pm
Wednesday, June 23 <sup>rd</sup>	9:30am-8:00pm
Thursday, June 24 <sup>th</sup>	7:00am-10:00pm
Friday, June 25 <sup>th</sup>	7:00am-10:00pm
Saturday, June 26 <sup>th</sup>	5:00am-8:00pm
Sunday, June 27 <sup>th</sup>	9:00am-4:00pm

### **Renaissance Des Moines Savery Hotel**

The shuttle bus from Renaissance Des Moines Savery Hotel to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21:	11:10 a.m. – 6 p.m.
Tuesday, June 22:	8:10 a.m. – 6 p.m.
Wednesday, June 23:	9:40 a.m. – 8 p.m.
Thursday, June 24:	7:10 a.m. – 10 p.m.
Friday, June 25:	7:10 a.m. – 10 p.m.
Saturday, June 26:	5:10 a.m. – 8 p.m.
Sunday, June 27:	9:10 a.m. – 4 p.m.

### **Hotel Fort Des Moines**

The shuttle bus from Hotel Fort Des Moines to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21:	11:30 a.m. – 6 p.m.
Tuesday, June 22:	8:30 a.m. – 6 p.m.
Wednesday, June 23:	10 a.m. – 8 p.m.
Thursday, June 24:	7:30 a.m. – 10 p.m.
Friday, June 25:	7:30 a.m. – 10 p.m.
Saturday, June 26:	5:30 a.m. – 8 p.m.
Sunday, June 27:	9:30 a.m. – 4 p.m.

### **Embassy Suites on the River**

The shuttle bus from Embassy Suites on the River to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21:	11:35 a.m. – 6 p.m.
Tuesday, June 22:	8:35 a.m. – 6 p.m.
Wednesday, June 23:	10:05 a.m. – 8 p.m.
Thursday, June 24:	7:35 a.m. – 10 p.m.
Friday, June 25:	7:35 a.m. – 10 p.m.
Saturday, June 26:	5:35 a.m. – 8 p.m.

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Sunday, June 27: 9:35 a.m. – 4 p.m.

## **Holiday Inn at Mercy Campus**

The shuttle bus from Holiday Inn at Mercy Campus to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21: 11:40 a.m. – 6 p.m.

Tuesday, June 22: 8:40 a.m. – 6 p.m.

Wednesday, June 23: 10:10 a.m. – 8 p.m.

Thursday, June 24: 7:40 a.m. – 10 p.m.

Friday, June 25: 7:40 a.m. – 10 p.m.

Saturday, June 26: 5:40 a.m. – 8 p.m.

Sunday, June 27: 9:40 a.m. – 4 p.m.

## **Individual West Des Moines Hotel Schedules**

### **Drury Inn & Suites**

The shuttle bus from Drury Inn & Suites to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21: 11 a.m. – 6 p.m.

Tuesday, June 22: 8 a.m. – 6 p.m.

Wednesday, June 23: 9:30 a.m. – 8 p.m.

Thursday, June 24: 7 a.m. – 10 p.m.

Friday, June 25: 7 a.m. – 10 p.m.

Saturday, June 26: 5 a.m. – 8 p.m.

Sunday, June 27: 9 a.m. – 4 p.m.

### **Courtyard by Marriott - West Des Moines**

The shuttle bus from Courtyard by Marriott - West Des Moines to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21: 11:10 a.m. – 6 p.m.

Tuesday, June 22: 8:10 a.m. – 6 p.m.

Wednesday, June 23: 9:40 a.m. – 8 p.m.

Thursday, June 24: 7:10 a.m. – 10 p.m.

Friday, June 25: 7:10 a.m. – 10 p.m.

Saturday, June 26: 5:10 a.m. – 8 p.m.

Sunday, June 27: 9:10 a.m. – 4 p.m.

### **West Des Moines Marriott**

The shuttle bus from West Des Moines Marriott to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21: 11:20 a.m. – 6 p.m.

Tuesday, June 22: 8:20 a.m. – 6 p.m.

Wednesday, June 23: 9:50 a.m. – 8 p.m.

Thursday, June 24: 7:20 a.m. – 10 p.m.

Friday, June 25: 7:20 a.m. – 10 p.m.

Saturday, June 26: 5:20 a.m. – 8 p.m.

# 2010 USA Outdoor Track & Field Championships

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Sunday, June 27: 9:20 a.m. – 4 p.m.

## **Sheraton West Des Moines**

The shuttle bus from Sheraton West Des Moines to Drake Stadium will depart from the front entrance of the hotel. A detailed transportation schedule for each day will be available in the hotel lobby. Shuttle service will run every hour at the following times:

Monday, June 21: 11:30 a.m. – 6 p.m.

Tuesday, June 22: 8:30 a.m. – 6 p.m.

Wednesday, June 23: 10 a.m. – 8 p.m.

Thursday, June 24: 7:30 a.m. – 10 p.m.

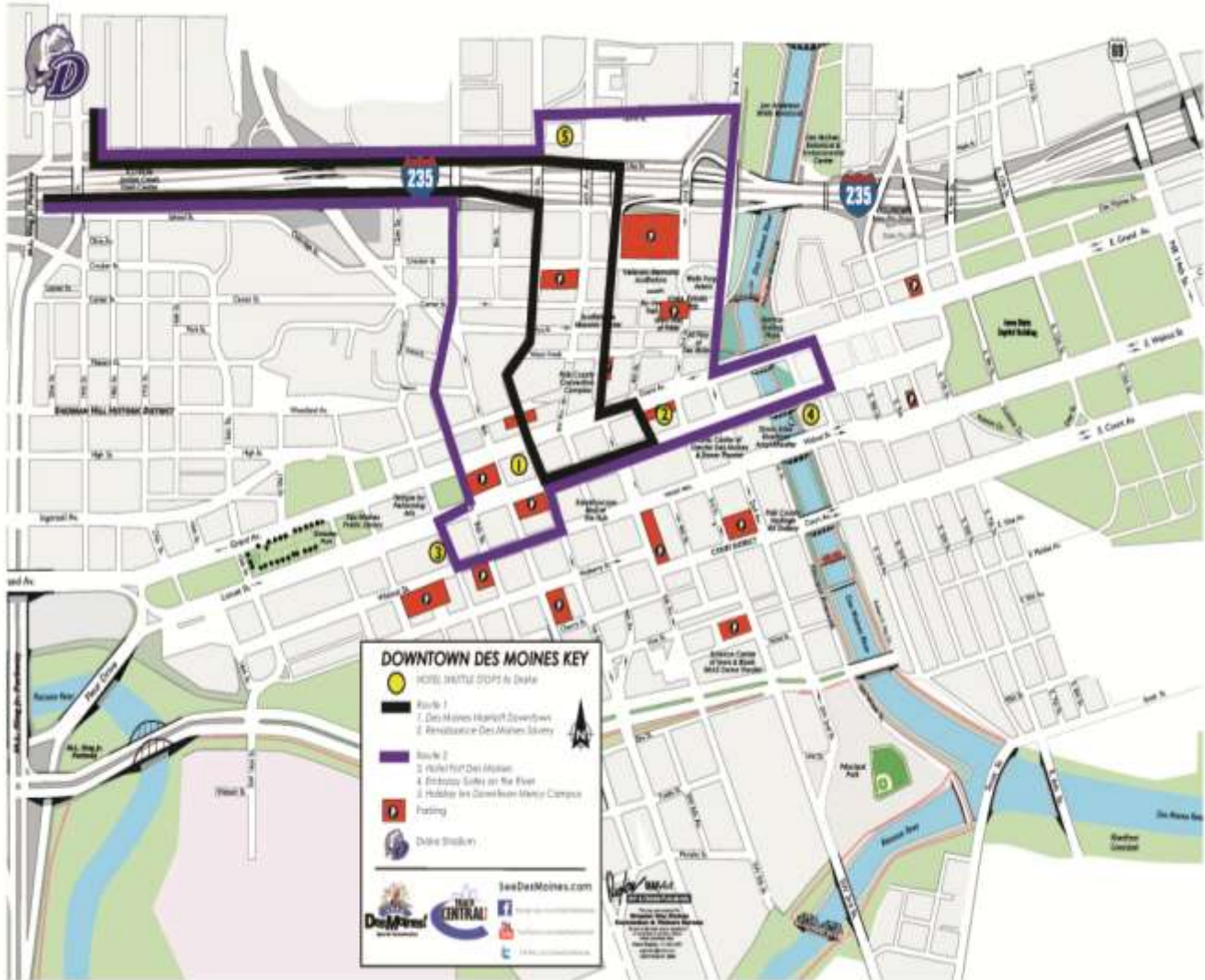
Friday, June 25: 7:30 a.m. – 10 p.m.

Saturday, June 26: 5:30 a.m. – 8 p.m.

Sunday, June 27: 9:30 a.m. – 4 p.m.

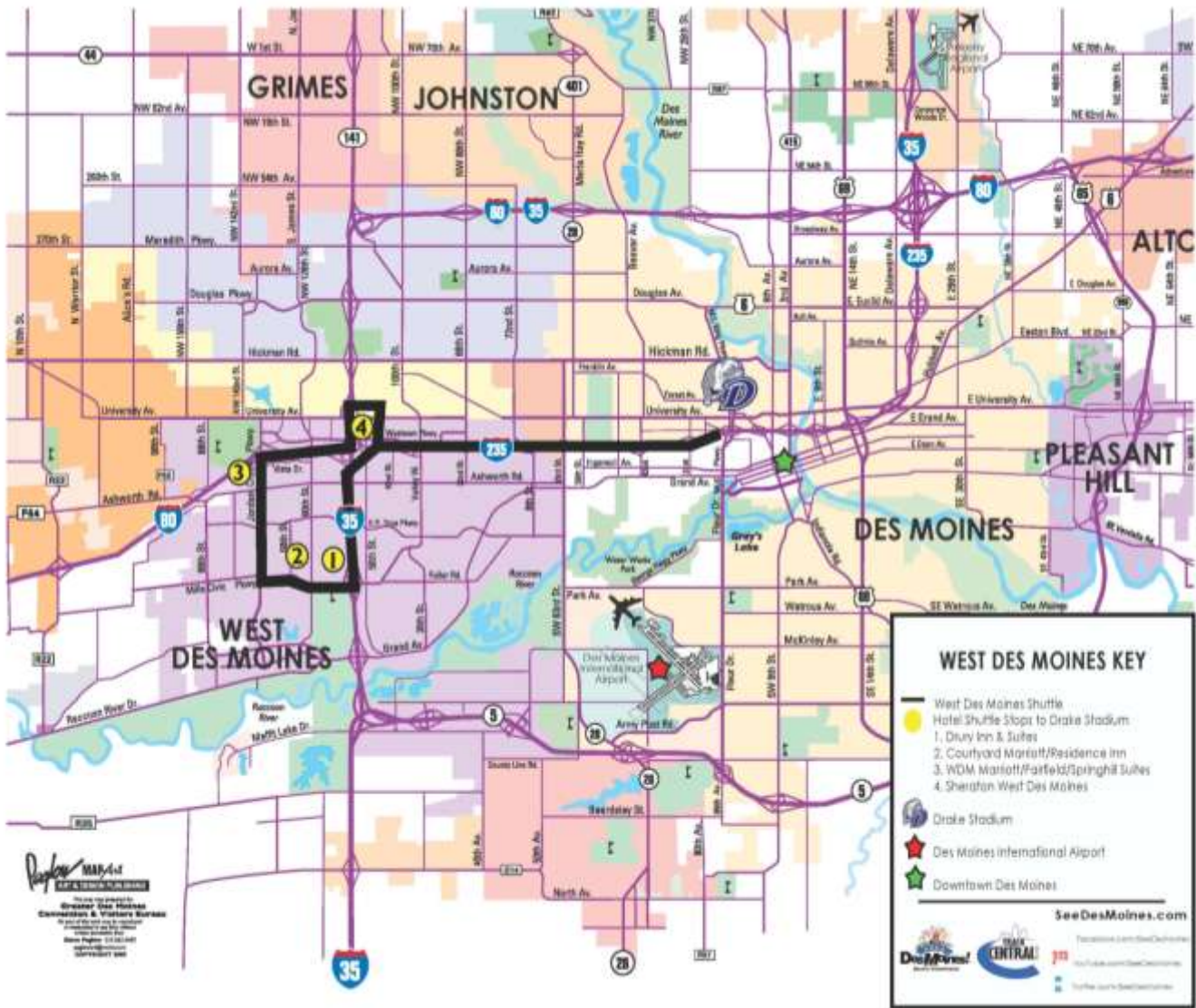
# 2010 USA Outdoor Track & Field Championships

Downtown Hotel Athlete Shuttle to Drake Stadium



# 2010 USA Outdoor Track & Field Championships

West Des Moines Hotel Athlete Shuttles to Drake Stadium



# 2010 USA Outdoor Track & Field Championships

## Schedule of Events

<b>Wednesday, June 23</b>			
12:30 p.m.	100m Hurdles	Jr. Women	Heptathlon
1:00	100m	Jr. Men	Decathlon
1:30	High Jump	Jr. Women	Heptathlon
1:45	Long Jump	Jr. Men	Decathlon
3:00	Shot Put	Jr. Men	Decathlon
4:15	High Jump	Jr. Men	Decathlon
4:30	Shot Put	Jr. Women	Heptathlon
5:45	200m	Jr. Women	Heptathlon
6:45	400m	Jr. Men	Decathlon
<b>Thursday, June 24</b>			
10:00 a.m.	110m Hurdles	Jr. Men	Decathlon
10:30	High Jump	Jr. Men	Final
11:00	Long Jump	Jr. Women	Heptathlon
11:00	Discus Throw	Jr. Men	Decathlon
11:20	110m Hurdles	Jr. Men	1st Round
11:45	100m Hurdles	Jr. Women	1st Round
12:10 p.m.	100m	Jr. Women	1st Round
12:30	100m	Jr. Men	1st Round
12:30	Javelin Throw	Jr. Women	Heptathlon
12:30	Shot Put	Jr. Men	Final
12:45	Long Jump	Jr. Men	Final
12:50	800m	Jr. Women	1st Round
1:00	Long Jump	Jr. Women	Final
1:10	800m	Jr. Men	1st Round
1:30	3000m	Jr. Women	Final
1:45	3000m Steeplechase	Jr. Men	Final
1:45	Pole Vault	Jr. Men	Decathlon
2:00	100m Hurdles	Jr. Women	Final
2:10	110m Hurdles	Jr. Men	Final
2:15	Discus Throw	Jr. Men	Final
2:20	100m	Jr. Women	Final
2:30	100m	Jr. Men	Final
2:30	Shot Put	Jr. Women	Final
2:40	800m	Jr. Women	Heptathlon
4:15	3000m Steeplechase	Women	1st Round
4:30	Javelin Throw "a"	Jr. Men	Decathlon
4:45	800m	Women	1st Round

# 2010 USA Outdoor Track & Field Championships

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5:05	800m	Men	1st Round
5:15	Pole Vault	Jr. Men	Final
5:25	400m Hurdles	Men	1st Round
5:30	Javelin Throw "b"	Jr. Men	Decathlon
5:30	Hammer Throw	Jr. Women	Final
5:50	1500m	Women	1st Round
6:10	400m	Women	1st Round
6:20	triple Jump	Women	Final
6:35	400m	Men	1st Round
7:00	1500m	Jr. Men	Decathlon
7:10	100m	Women	1st Round
7:35	100m	Men	1st Round
8:00	5000m	Jr. Men	Final
8:20	10,000m	Men	Final
8:55	10,000m	Women	Final
<b>Friday, June 25</b>			
10:00 a.m.	Javelin Throw	Jr. Women	Final
10:00	100m Hurdles	Women	Heptathlon
10:15	Hammer Throw	Jr. Men	Final
10:30	100m	Men	Decathlon
10:45	High Jump	Women	Heptathlon
11:05	200m	Jr. Women	1st Round
11:30	200m	Jr. Men	1st Round
11:30	Long Jump	Men	Decathlon
11:55	1500m	Jr. Women	1st Round
12:00n	Pole Vault	Jr. Women	Final
12:15 p.m.	1500m	Jr. Men	1st Round
12:35	400m	Jr. Women	1st Round
12:55	400m	Jr. Men	1st Round
1:00	Javelin Throw	Jr. Men	Final
1:00	Shot Put	Women	Heptathlon
1:15	3000m Steeplechase	Jr. Women	Final
1:10	triple Jump	Jr. Women	Final
1:20	triple Jump	Jr. Men	Final
1:30	800m	Jr. Women	Final
1:30	Discus Throw	Jr. Women	Final
1:40	800m	Jr. Men	Final
1:50	400m Hurdles	Jr. Women	1st Round
2:00	Shot Put	Men	Decathlon
2:10	400m Hurdles	Jr. Men	1st Round

# 2010 USA Outdoor Track & Field Championships

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2:30	200m	Jr. Women	Final
2:40	200m	Jr. Men	Final
2:50	200m	Women	Heptathlon
3:15	High Jump	Men	Decathlon
4:00	Discus Throw	Men	Final
4:15	3000m steeple	Men	1st Round
4:45	100m Hurdles	Women	1st Round
5:00	Hammer Throw	Men	Final
5:10	400m	Men	Decathlon
5:30	400m Hurdles	Women	1st Round
5:45	Pole Vault	Men	Final
5:55	100m	Women	Semi-Final
6:00	High Jump	Jr. Women	Final
6:00	Triple Jump	Men	Final
6:00	Javelin Throw	Women	Final
6:10	100m	Men	Semi-Final
6:25	1500m	Men	1st Round
6:45	400m	Women	Semi-Final
7:00	400m	Men	Semi-Final
7:15	800m	Women	Semi-Final
7:30	800m	Men	Semi-Final
7:45	400m Hurdles	Men	Semi-Final
8:04	100m	Women	Final
8:14	5000m	Women	Final
8:35	5000m	Men	Final
8:52	100m	Men	Final
9:00	10,000m	Jr. Men	Final
<b>Saturday, June 26</b>			
8:00 a.m.	10km race walk	Jr. Men	Final
9:00	10km race walk	Jr. Women	Final
10:30	110m Hurdles	Men	Decathlon
11:30	Discus Throw	Men	Decathlon
11:30	Long Jump	Women	Heptathlon
12:15 p.m.	Shot Put	Women	Final
12:30	High Jump	Women	Final
1:15	100m Hurdles	Women	Semi-Final
1:40	masters 100m	Women	Section
1:50	masters 100m	Men	Section
2:00	Javelin Throw	Women	Heptathlon

# 2010 USA Outdoor Track & Field Championships

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2:00	Long Jump	Women	Final
2:00	Pole Vault	Men	Decathlon
2:02	400m Hurdles	Women	Semi-Final
2:18	400m Hurdles	Men	Final
2:26	1500m	Women	Final
2:36	400m	Women	Final
2:44	400 m	Men	Final
2:52	100m Hurdles	Women	Final
3:05	400m	Jr. Women	Final
3:15	400m	Jr. Men	Final
3:20	Hammer Throw	Women	Final
3:25	400m Hurdles	Jr. Men	Final
3:35	400m Hurdles	Jr. Women	Final
3:45	800m	Women	Heptathlon
4:05	200m	Men	1st Round
4:15	Javelin Throw "a"	Men	Decathlon
4:30	200m	Women	1st Round
4:50	110m Hurdles	Men	1st Round
5:15	Javelin Throw "b"	Men	Decathlon
5:25	1500m	Jr. Women	Final
5:40	1500m	Jr. Men	Final
5:55	5,000m	Jr. Women	Final
6:30	1500m	Men	Decathlon
<b>Sunday, June 27</b>			
6:30 a.m.	20km race walk	Men	Final
6:33	20km race walk	Women	Final
12:00 p.m.	Shot Put	Men	Final
12:00	Pole Vault	Women	Final
12:00	Javelin	Men	Final
12:05	200m	Men	Semi-Final
12:15	High Jump	Men	Final
12:15	200m	Women	Semi-Final
12:20	Discus Throw	Women	Final
12:30	Long Jump	Men	Final
12:30	110m Hurdles	Men	Semi-Final
12:50	3000m Steeplechase	Men	Final
1:15	3000m Steeplechase	Women	Final

# 2010 USA Outdoor Track & Field Championships

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1:50	800m	Women	Final
2:00	800m	Men	Final
2:10	400m Hurdles	Women	Final
2:20	200m	Men	Final
2:30	200m	Women	Final
2:40	1500m	Men	Final
2:50	110m Hurdles	Men	Final

# 2010 USA Outdoor Track & Field Championships

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## Athlete Flow

### Athlete Entry/Warm-up:

Competitors may warm-up in the Knapp Center located on the east side of the Bell Center. Hurdles and blocks will be available in the Knapp Center.

### KNAPP CENTER RULES:

Competitors and coaches will enter on the north side of the facility on Clark St.

NO equipment or throwing implements permitted in the facility.

Warm-ups are permitted only on the track. The main floor and bleachers are for relaxing only.

Training tables can be set up on the track level only.

Ice is to be used only in the bleachers, track, and in the medical areas. Ice is NOT permitted on the Knapp Center floor.

Spikes (5 or 7 mm) are to be worn only on the track and not in the bleachers or on the Knapp Center floor.

Food and drink are to be contained to the bleachers or on the track and are not allowed on the Knapp Center floor.

### Check-In and Clerking:

All Athletes may check-in up to two hours before the start of their event.

The check-in and clerking area is located in the north entrance of the Knapp Center. Three calls will be given from the clerk for each running and field event. For running events, the call schedule is listed below:

**1<sup>st</sup> Call** – will be made 45 minutes prior to the event. The initial check-in area will be in the Knapp Center North Entrance.

**2<sup>nd</sup> Call, REPORT CALL** – will be made 30 minutes prior to the start of each individual event. At this time athletes will be escorted to the check-in tent located in the warm-up area (Northeast parking lot).

**3<sup>rd</sup> Call/Final Call** – Will be made at the check-in tent. Here the athletes will receive their hip numbers and any final instructions from the clerk.

Heat and Flight sheets will be posted outside of the check-in tent and on bulletin boards around the stadium.

### For Field Events

All athletes may check-in up to two hours before the start of their event; however, athletes must check-in at the Knapp Center North Entrance no later than 70 minutes prior to the event.

**1<sup>st</sup> Call** – will be made 60 minutes prior to event

**2<sup>nd</sup> Call, REPORT CALL** – will be made 45 minutes prior to event

At this time field event athletes will be escorted to the competition venue for general warm-up. The throwing events and horizontal jump athletes who are not in the first flight will be escorted away from the events site approximately 20 minutes prior to the competition, and 15 minutes will be reserved for the first flight to warm-up. Warm-up will cease approximately 5 minutes prior to competition preparation. Subsequent flights will be called to report to the check-in tent, escorted to the competition site, and receive 15 minutes of warm-up time.

All **POLE VAULT** athletes must report no later than 120 minutes prior to the event scheduled start.

**1<sup>st</sup> Call** – will be made at 100 minutes prior to the event.

**2<sup>nd</sup> Call, REPORT CALL** – will be made 90 minutes prior to the event.

At this time pole vault athletes will be escorted to the competition venue to warm-up.

# 2010 USA Outdoor Track & Field Championships

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## **Mixed Zone:**

The Mixed Zone is located in the southwest corner of Drake Stadium. After the completion of their heat or flight, running event and field event athletes will be brought directly to the Mixed Zone from their competition venues. All athletes will pass through the Mixed Zone, but may choose not to speak to the media. Athletes will be able to retrieve their clothing from the basket crew in the Mixed Zone. All competitors will be marshaled out of the Mixed Zone to the field house tunnel for exiting.

Athletes selected for drug testing will be assigned escorts in the Mixed Zone. Selected athletes must report to USADA's testing center (located in the Bell Center, Multipurpose Room) Immediately after notification of selection for testing.

Team processing qualifiers may report to the team processing area located in the field house gym at anytime. Team processing will operate the following schedule (subject to extensions necessitated by doping control procedures):

## **Junior Team Processing Schedule:**

Team Processing is located east of the track in the Field House. Athletes must complete team processing on the day of their finals. We strongly suggest coming to the team sign-up room immediately after drug testing.

Thursday, June 24	2:00 p.m. – 7:00 p.m.
Friday, June 25	12:00 noon – 8:00 p.m.
Saturday, June 26	10:00a.m. – 11:00 a.m. 3:00 p.m. - 7:00 p.m.

Please schedule at least 30 minutes for Team Processing when making your travel arrangements.

## **Stadium Entry:**

Credentialed athletes, coaches, and support staff may enter through all four gates of Drake Stadium; 1) Southwest Gate; 2) Southeast Gate; and 3) Northwest Gate and 4) Northeast Gate. All participating athletes will only enter the Jim Duncan Track via escort after the check-in and clerking process.

## **Athletes & Athlete Support Seating:**

All Competitors and their Support Staff are welcome to use seating in Sections A, B and C to watch the competition in Drake Stadium.

# 2010 USA Outdoor Track & Field Championships

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## Competition Information

### **Competition Bibs:**

Competition bibs for each participating athlete will be provided in the clerking area along with EIGHT (8) safety pins per competitor. These bibs must be worn on the front and the back of the uniform jersey during competition. In the pole vault, the bib should be worn on the back only. In the high jump, the bib should be worn on the front only.

### **Coaches Special Seating Areas:**

There will be coach's boxes in the stands in Row 1 near the long/triple jump runways (west side: south pit – Section V; north pit - Section Z) and the pole vault runway (north side/middle box – Section E, F; north side/north box – Section B; south side/middle box – Section B, C; south side/south box – Section F).

For the shot put, coaches may sit in Section Q for the southwest ring and Section L for the southeast ring. For the high jump, Section N is available for coaches seating. **For all athletes competing in each of these events, one coach per athlete will be allowed in these areas.** Credential required for access to coaching areas.

### **Starting Blocks:**

All starting blocks will be provided on site by the host meet management and Gill Athletics.

### **Protest and Appeals Table:**

The protest table will be located east of the scoreboard. Protests must be made in writing on the official protest form which will be available at the protest table. Consult 2010 USATF Rule Book. Protests relating to matters which develop during the conduct of the competition must be made in writing, only by an athlete or an athlete's representative with an "AS" badge on behalf of the athlete. The protest must be completed, signed and submitted at the protest table at once and no later than 30 minutes after the official posting of the results. Protest forms will be available at the protest table (see enclosed map). The referee's decision will be posted at the protest table and a copy will be made available for the athlete filing the protest as soon as the information is available. A \$100 cash fee is required to file a protest. The fee will be returned if the protest is upheld.

If an athlete or his or her representative wishes to appeal the referee's decision, an appeal must be submitted in writing, signed and accompanied by an additional \$100.00 cash appeal fee at the protest table, immediately and within 30 minutes after the action by the referee has been officially posted. The appeal fee is non-refundable unless the appeal is upheld.

Appeal forms will be available at the Protest Table. An appeal must be filed only by an athlete or an athlete's representative on behalf of the athlete. The Jury of Appeals decision will be posted at the Protest Table and a copy will be available for the athlete or coach filing the appeal as soon as a decision regarding the appeal is made.

**Spike regulations:**Maximum spikes 7 mm Cone and or Christmas tree are to be worn only on the track not the bleachers.

### **Implement Inspection Room Hours of Operation:**

Wednesday - 6/23/10	8:00 AM - 5:00 PM
Thursday - 6/24/10	8:00 AM - 7:00 PM
Friday - 6/25/10	8:00 AM - 8:00 PM
Saturday - 6/26/10	8:00 AM - 6:00 PM
Sunday - 6/27/10	8:00 AM - 2:00 PM

All implements must be checked in at least 3 hours prior to the scheduled start time of the event.

# 2010 USA Outdoor Track & Field Championships

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## National Team Sign-up

### **Please bring passports to World Junior Team Sign-Up!**

The 2010 USA Junior Outdoor Track & Field Championships will serve as the selection meet for [2010 IAAF World Junior Championships](#). The top six finishers in each event (all finalists in the 100m and 400m) will be asked to complete World Junior Championships processing. All athletes are required to complete team sign-up in order to be eligible for the team. Those who do not complete team sign-up by 7:00 p.m. on Saturday, June 26th will forfeit their rank for selection to the team.

To be eligible for the World Junior Championships athletes must be under the age of 20, but at least 16 years of age on December 31, 2010 (only athletes born in 1991, 1992, 1993, and 1994 can be entered).

Athletes should bring the following to team processing:

- Valid U.S. passport\*
- Necessary information to complete forms (contact information for coaches, etc.)

\* All athletes planning to make the 2010 World Junior Team who do not already have a valid passport should apply for their passports now. **Athletes must have a current passport good for at least 6 months after return from Canada.** Athletes should have passports with them when they enter the team sign-up area at the 2010 USA Junior Outdoor Track & Field Championships.

Athletes must compete in the 2010 USA Junior Outdoor Track & Field Championships to be eligible for the World Junior Team.

# 2010 USA Outdoor Track & Field Championships

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## **Pole Vault Poles:**

Pole vault poles will be stored on site in locked in metal storage units located in the Tennis Center Parking Lot on the east-side of the stadium. In order to avoid storage confusion, athletes must clearly identify poles bundles with a label that includes the competitors' name and the divisions that he/she will be competing in prior to shipping.

- Sr. Men
- Jr. Men
- Sr. Women
- Jr. Women
- Sr. Decathlon
- Jr. Decathlon

## **Pole Vault Airport Transfers:**

Pole vault pole airport transfers will be available upon request. All arrangements must be made 24 hour in advance of arrival in Des Moines. Please call or e-mail to Thomas Stier at 515-271-2785 or [thomas.stier@drake.edu](mailto:thomas.stier@drake.edu). **Athletes not making arrangements 24 hours in advance will be responsible for their own pole vault pole airport transfers.**

## **Pole Shipping:**

Pole vault poles can be shipped to the following address.

Drake University  
Attention: Matt Miller  
1422 27th Street  
Des Moines, IA 50311

Athletes, parents, and coaches, interested in shipping poles to the 2010 USATF National Outdoor Track & Field Championships can contact:

Fly-Away Pole Protection, LLC

Chris Boyles

Ph: (717) 701-2468

Fx: (888) 628-2853

[cboyles@flyawaypoles.com](mailto:cboyles@flyawaypoles.com)

skype: flyawaypoles

USATF is not affiliated with Fly-Away Pole Protection, LLC. USATF cannot and does not guarantee the services of Fly-Away Pole Protection, LLC. USATF is not responsible for any costs or expenses associated with the services provided by Fly-Away Pole Protection, LLC.

# 2010 USA Outdoor Track & Field Championships

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## Awards:

A Gold Medal, emblematic of the Championships of the United States of America, will be given to the winner of each Championship event; a Silver Medal to second place; and Bronze Medals to third through sixth places.

## Prize Money:

For the 2010 USA Outdoor Track & Field Championships, USA Track & Field will pay prize money to the first- through sixth-place finishers in each Senior Championship event. The prize structure is as follows:

1 <sup>st</sup> place	\$4,000
2 <sup>nd</sup> place	\$3,000
3 <sup>rd</sup> place	\$2,000
4 <sup>th</sup> place	\$1,000
5 <sup>th</sup> place	\$500
6 <sup>th</sup> place	\$500

## Notes

- Athletes with remaining collegiate eligibility are not eligible to receive this prize money.
- Athletes are eligible to receive prize money in more than one event.
- Prize money will not be distributed until all drug-testing results have become final, which can take anywhere from 4-6 weeks after the event to be sent to USATF from USADA.
- Funds will only be distributed to persons who are eligible to represent the United States in all levels of international competition.
- Prize money may be paid by the United States Olympic Committee (USOC) and subject to their stipulations.

# 2010 USA Outdoor Track & Field Championships

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## Warm-up and Practice Facilities

### Warm-up Facility Hours of Operation:

The athlete warm-up area at Drake University features the Knapp Center indoor facility which is less than 200 meters from Drake Stadium and will also serve as the clerks first call area.

The Knapp Center indoor warm-up area is open to all credentialed athletes and athlete support personnel for warm-up or shakeouts.

The day-of-competition warm-up area is located at the northeast corner of Drake Stadium. This area houses the tent for the Clerks and will serve as the final call area before the competitors are escorted into Drake Stadium prior to their event.

These areas will be open at the following times:

Wednesday, June 23, 11:00 a.m. – 7:00 p.m.  
Thursday, June 24, 8:30 a.m. – 9:15 p.m.  
Friday, June 25, 8:30 a.m. – 9:15 p.m.  
Saturday, June 26, 6:30 a.m. – 7:00 p.m.  
Sunday, June 27, 10:30 a.m. – 3:00 p.m.

No competitor is allowed onto the field of competition without an escort once competition begins.

### Practice Schedule at Drake Stadium:

Practice for credentialed athletes **only** will be held at Drake Stadium on June 21–22 at the following times:

Monday, June 21, 12:00 p.m. – 6:00 p.m.  
Tuesday, June 22, 9:00 a.m. – 6:00 p.m.

**NOTE:** Practice will NOT be allowed on the competition track on June 23–27.

For safety purposes, practice for field events will be allowed only during the following times:

Track 12:00 p.m. – 6:00 p.m. (Monday)  
9:00 a.m. – 6:00 p.m. (Tuesday)

LJ 12:00 p.m. – 3:00 p.m. (Monday)  
9:00 a.m. – 10:30 a.m. (Tuesday)  
12:00 p.m. – 3:00 p.m. (Tuesday)

TJ 3:00 p.m. – 6:00 p.m. (Monday)  
10:30 a.m. – 12:00 p.m. (Tuesday)  
3:00 p.m. – 6:00 p.m. (Tuesday)

PV 3:00 p.m. – 6:00 p.m. (Monday)  
10:30 a.m. – 12:00 p.m. (Tuesday)  
3:00 p.m. – 6:00 p.m. (Tuesday)

HJ 12:00 p.m. – 3:00 p.m. (Monday)

# 2010 USA Outdoor Track & Field Championships

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12:00 p.m. – 3:00 p.m. (Tuesday)  
4:30 p.m. – 6:00 p.m. (Tuesday)

SP 3:00 p.m. – 6:00 p.m. (Monday)  
9:00 a.m. – 12:00 p.m. (Tuesday)  
3:00 p.m. – 4:30 p.m. (Tuesday)

JT 12:00 p.m. – 3:00 p.m. (Monday)  
9:00 a.m. – 12:00a.m. (Tuesday)  
3:00 p.m. – 4:30 p.m. (Tuesday)

HT 12:00 p.m. – 3:00 p.m. (Monday) *north ring only*  
9:00 a.m. – 12:00 p.m. (Tuesday) *north ring only*  
3:00 p.m. – 4:30 p.m. (Tuesday) *north ring only*

DT 3:00 p.m. – 6:00 p.m. (Monday) *both north & south rings*  
12:00 a.m. – 3:00 p.m. (Tuesday) *both north & south rings*  
4:30 p.m. – 6:00 p.m. (Tuesday) *both north & south rings*

All competition equipment and medical services will be available for athlete use during these Drake Stadium practice periods.

## Knapp Center Weight Room Hours:

Monday June 21 <sup>st</sup>	10:00 a.m.- 2:00 p.m.
Tuesday June 22 <sup>nd</sup>	10:00 a.m.- 2:00 p.m.
Wednesday June 23 <sup>rd</sup>	10:00 a.m.- 2:00 p.m.
Thursday June 24 <sup>th</sup>	10:00 a.m.- 2:00 p.m.
Friday June 25 <sup>th</sup>	10:00 a.m.- 2:00 p.m.

## Alternate Practice Facilities:

The LOC has made arrangements for the athletes of the 2010 USATF Outdoor Championships to utilize two of the greater Des Moines Area new high school tracks for practice purposes.

Urbandale High School 7111 Aurora Avenue, Urbandale, Iowa 50322  
Waukee High School 555 Southeast University Avenue, Waukee, Iowa 50263

1. Days of track availability: Tuesday, June 22 – Friday, June 25
2. Hours of track availability: Urbandale High School 12 PM – 6 PM  
Waukee High School 10 AM – 6 PM
3. Equipment availability: High Jump pit – standards and crossbar  
30 – 40 hurdles  
4 – 5 starting blocks
4. Facility Limitations: NO Hammer – Javelin – Pole Vault - Discus  
& Steeple Chase available
5. Facility Usage: Only Athletes and Coaches that are entered  
in the competition can use the track under their own free will.

# 2010 USA Outdoor Track & Field Championships

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6. Directions:

## **Urbandale High School -- 7111 Aurora Avenue, Urbandale**

**From the East:** Take I-80 to the Merle Hay Road Exit (131) and proceed south on Merle Hay Road. Take a right, turning west on Aurora Avenue. Travel to the intersection of 70th and Aurora Avenue. Urbandale High School will be on your right. The track is on the east side of the school.

**From the West:** Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Aurora Avenue (2nd stoplight). Take a left turning east on Aurora Avenue. Proceed east on Aurora Avenue past the Middle School. Urbandale High School will be on your left. The track is on the east side of the school.

## **Waukee High School -- 555 E. University Avenue, Waukee**

**From the East:** - Take I-80/ I-35 W to the University Avenue exit. Go West (right) on University approximately 5 miles. The high school is on the north (right) side of the road. OR Take I-235 West through Des Moines to the 74<sup>th</sup> St. Exit in West Des Moines. Go north (right) on 74th St. to University Avenue. Go West (left) on University Approximately 3 miles. The high school is on the north (right) side of the road.

**From the South** - Take I/80/I-35 north to the University Ave. exit. Go west (left) on University approximately 5 miles. High School is on the North (right) side of the road.  
The Track is just across Ashworth Drive, just west of the High School.

# 2010 USA Outdoor Track & Field Championships

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## Medical Services

### Medical Treatment Center:

The primary medical treatment center will be located in the Knapp Center Gym main floor. The medical center will offer a full range of services by medical professionals including athletic trainers, physical therapists, chiropractors, massage therapists, and physicians. Credentials are needed to receive treatment.

These healthcare professionals can provide athletes with modality treatments including deep and superficial heat, cold, and electrical stimulation as well as hands-on treatment methods, ice baths, injury assessment and triage. A medical surveillance team consisting of trainers and doctors will be on the field of play at all times during competition.

### Personal Medical Areas:

Tented space will be available on a first-come/first served basis near the Southwest entrance of the track in the North Plaza area for personal medical professionals who have an Athlete Support (AS) credential. Personal medical professionals must provide their own massage tables and supplies. The individuals should identify themselves to the medical staff to avoid confusion and should only treat athletes for whom they are contracted to provide services. Ice for personal medical use will be available.

### Emergency Medical Services:

The primary EMS station for Drake Stadium is located on the northeast side of the stadium near the service gate.

### Competition Emergency Center:

The Drake University medical staff will use the northwest building to triage emergency cases. The Knapp Center training room will serve as the competition emergency center for injured competing athletes. The room is located east of the Stadium across the street in the Knapp Center. Only emergency situations that occur on the track will be treated in this room. All other medical services should be performed in the designated areas for visiting athletes.

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**Athletes who participate in this competition are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.**

**BE ALERT** - Knowing your rights and responsibilities may save you from making a mistake that could jeopardize your athletic career. The use of ALL dietary supplements is "at the athlete's own risk of committing a doping violation."

**BE AWARE** - Testing may take place at any time or after any round - preliminary, qualifying, or final - USADA typically selects place finishers and random athletes. Once notified, you will be accompanied by a chaperone until you report to the Doping Control Station. Athletes must report to the Doping Control Station immediately after notification unless there is an approved reason for delay. Reasons for delay that will be considered include, but are not limited to, retrieving identification, attending an awards ceremony, locating an Athlete Representative, cooling down, media obligations and preparing for another event. If there is a valid reason for delay, inform the Notifying Chaperone so he/she can confirm with a Doping Control Officer.

**BE CLEAN** - Checking to see if the medication you take is allowed could be the difference between passing your test and serving a doping ban. A search on USADA's easy-to-use [Global Drug Reference Online™](http://www.globaldro.com) ([www.globaldro.com](http://www.globaldro.com)), or a quick call to USADA's Drug Reference Line™ (1-800-233-0393), or a review of the [Therapeutic Use Exemption](http://www.usantidoping.org/athletes/tues) ([www.usantidoping.org/athletes/tues](http://www.usantidoping.org/athletes/tues)) procedure will help you understand if a medication is allowed or prohibited.

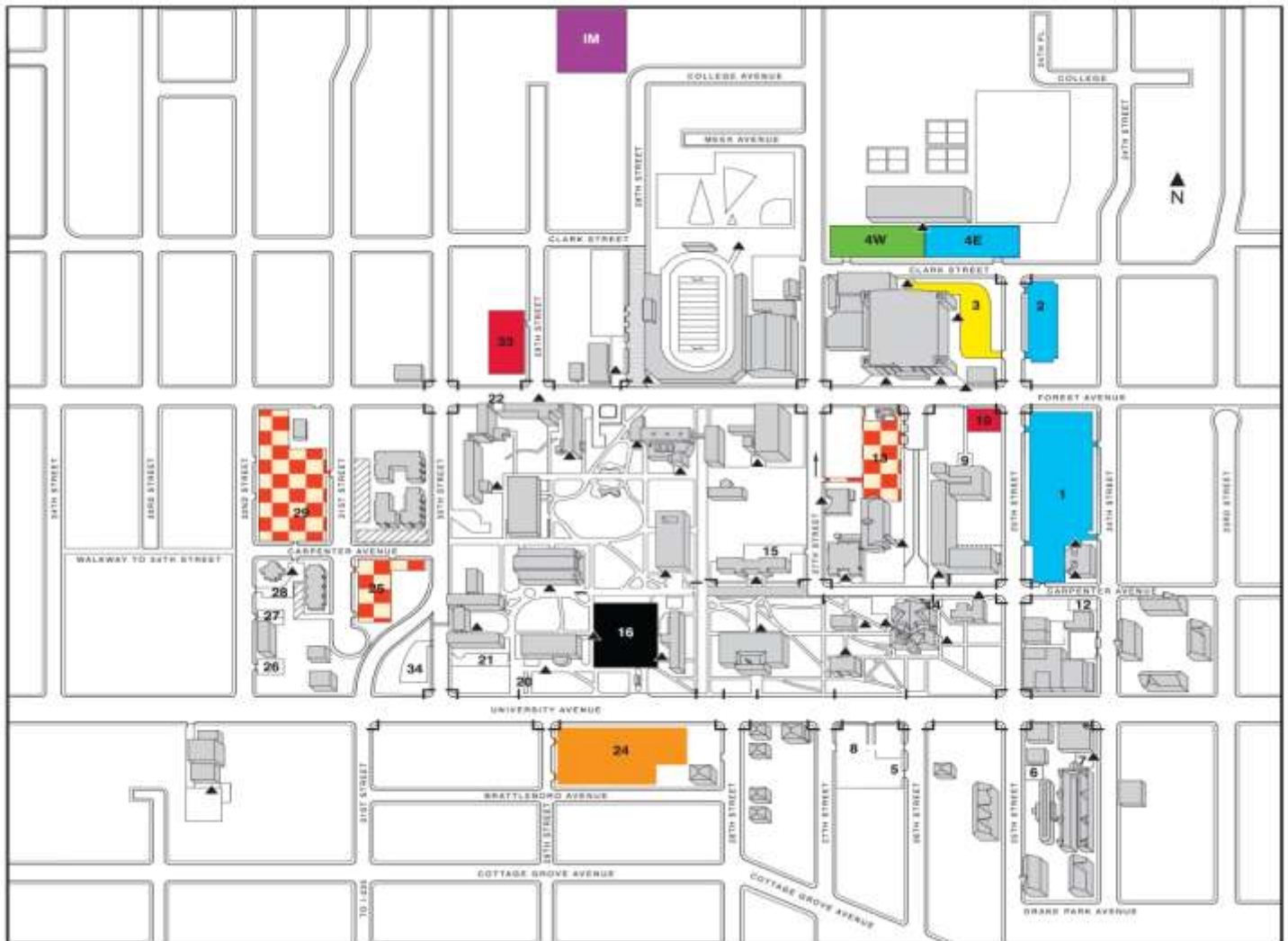
**BE INFORMED** - Watching [USADA's short testing video](http://www.usantidoping.org/resources/what-is-drug-testing.aspx) ([www.usantidoping.org/resources/what-is-drug-testing.aspx](http://www.usantidoping.org/resources/what-is-drug-testing.aspx)) will familiarize you with the drug testing process. *When making travel arrangements please allow enough time for drug testing at the end of your event. This will include providing a sample and processing paperwork.*

The adjudication of anti-doping rule violations or refusals to test will be carried out by USADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event.

**BE AWARE. BE INFORMED. BE ALERT. BE CLEAN.**



# 2010 USA Outdoor Track & Field Championships



- \$6 EVENT PAY LOTS-** Lots 1, 2, 4E
- GREEN PASS LOT-** Lot 4W
- YELLOW PASS LOT-** Lot 3
- RED PASS LOT-** Lots 10, 33
- PURPLE PASS LOT-** IM Lot
- ATHLETE/ATHLETE STAFF PARKING-** Lot 24
- FREE PARKING-** Lots 13, 25, 29
- UNIVERSITY PAY LOT (HOURLY)-** Lot 16

*Pass required to park in all pass lots  
 Passes for appropriate colored lot only*

2010 USA OUTDOOR  
**TRACK & FIELD**  
**CHAMPIONSHIPS**  
 DRAKE STADIUM · DES MOINES · IA