

UW-WHITEWATER DRAKE ALTERNATIVE MEET

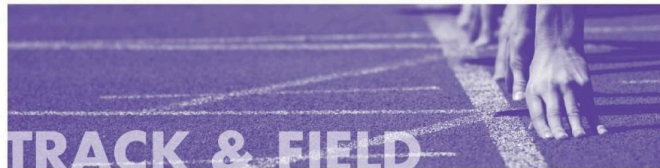
FRIDAY, APRIL 29, 2022

(Rex Foster Track Complex) 1062 W. Schwager Dr. Whitewater, WI 53190

ENTRY FEE	Open to all collegiate teams upon approval (please email meet director) (\$250/gender), Individual entries (\$50/athlete). Payments will be paid online ONLY. If you are unable to pay online, please contact meet management for payment information. Only teams paid in full by the entry deadline will be accepted into the meet.
ENTRIES	ONLINE ENTRY: www.directathletics.com MEET INFORMATION: www.uwvsports.com ENTRY DEADLINE: Wednesday, April 27, 2022 (12:00pm) Unlimited entries will be allowed for all events. UNATTACHED ENTRIES: Contact Mike Johnson (johnsonmj03@uww.edu) to be sent an entry link. ENTRY LIMITS: May apply to certain events (<i>see online registration</i>)
RESULTS	Results will be posted on the scoreboard following each heat. Live results will also be available at www.uwvsports.com .
FACILITY	The track is a 400 meter, 9 lane Rekortan surface. 1/4" exposed Pyramid Spikes only!!! Please do not abuse this rule. utilize the FinishLynx Automatic timing system. Please obtain hip numbers under the bleachers on the pressbox side of the track. Running events will be clerked at the start line of each race.
HORIZONTAL JUMPS	1/4" exposed Pyramid/Christmas Tree spikes allowed for all field events and utilize the same surface as the track. All field events will have trials and finals. 2 Runways, running North/South on the East end of the facility. Takeoff boards at 3', 28', and 32' (Women) and 10', 36', 40' (Men). Approach is approximately 140'.
POLE VAULT	4 Runways: 2 running North/South on the East end of the facility and 2 running East/West on both "D" areas. Approach is approximately 140'.
THROWS & WEIGH-IN	Two shot put rings (located on the North end of the track facility), Discus ring (North end of complex), outside of the main fence, Hammer ring, (North-East end of complex). The javelin runway is the same as the track surface. Approach is approximately 113'. Weigh-in for all throwing events will be at the shed on the North end of the complex from 10:00am - 11:45am.
LOCKER ROOMS	Locker rooms and showers are located in the Williams Center (connected to Kachel Fieldhouse). Use the general locker room. Please provide your own locks and towels. No items should be left unattended in the locker rooms.
ATHLETIC TRAINING	Detailed information is provided below.
BUS PARKING TEAM CAMPS	Team buses may unload at the main gate which is located in Lot 22 (West of the track complex). Following drop-off of your teams, please park your team bus in Lot 24 (Perkins Stadium) until the conclusion of the meet. Team camps will be located in the DLK Kachel Fieldhouse (indoor track) or around the perimeter of the outdoor track. Team camps are not permitted in the bleachers. Please be courteous and pick-up your area at the conclusion of the meet.



UNIVERSITY OF WISCONSIN
WHITEWATER



FIELD EVENTS

12:00pm

Discus (*women, followed by men*)
Hammer (*men, followed by women*)
Shot Put (*women & men together, following completion of hammer & discus*)
Long Jump (*women & men together*)
Triple Jump (*women & men together, following completion of long jump*)
High Jump (*men, followed by women*)
Pole Vault (*women, followed by men*)
Javelin (*women, followed by men*)

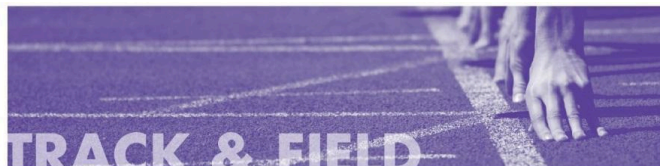
RUNNING EVENTS

12:00pm

100m Qualifying Rounds (*if needed*)

2:00pm

4x100m Relay (W, M)
3,000m Steeplechase (W, M)
100m Hurdle Preliminaries (W)
110m Hurdles Preliminaries (M)
100m Dash Preliminaries (W, M)
1,500m Run (W, M)
400m Dash (W, M)
110m Hurdles Finals (M)
100m Hurdles Finals (W)
100m Dash Finals (W, M)
800m Run (W, M)
400m Hurdles (W, M)
200m Dash (W, M)
5,000m Run (W, M)
4x400m Relay (W, M)



UW-Whitewater Sports Medicine

Memo

To: Track and Field Teams competing at UW-Whitewater
From: Steven Hillmer
Re: Sports Medicine Coverage for Outdoor Track and Field Meets

The Sports Medicine Staff at the University of Wisconsin-Whitewater would like to welcome all competing student-athletes. Below are details of the services that will be provided during Track and Field competitions.

The Mercy Healthcare Athletic Training Room located in the Williams Center will be the main treatment area prior to the meet. The Athletic Training Room will have: ice, hot packs, ultrasound, and e-stim machines. A secondary treatment area will be outside on the north end of the track. This area will only have ice, emergency equipment, first aid supplies, and a taping table. The location outdoors will be the only treatment area during the meet. The Sports Medicine Staff will be unable to provide any massage treatments during the course of the meet.

A physician will be on-call but not on-site for the competition. If any emergencies arise, the Fort Atkinson Memorial Hospital Emergency Room will be utilized. The Athletic Training Room will open approximately 2 hours prior to the first scheduled event and will remain open for 30 minutes following the conclusion of the last event. If your team is not traveling with any Sports Medicine Staff member, please provide the necessary supplies and documentation for treatment. A letter detailing any treatment parameters will be needed for any modality with the exception of heat or ice.

Please feel free to contact me regarding any questions or special accommodations. I can be reached at 262-472-1150 or at hillmers@uww.edu.