

HEART OF AMERICA ATHLETIC CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS

FEBRUARY 20th & 21st, 2009

Hosted by Graceland University

- Date:** Friday, February 20th and Saturday, February 21st, 2009.
- Times:** Friday, February 20th beginning at 1:00pm and until completed.
Saturday, February 21st beginning at 10:00am and until completed.
- Location:** Graceland University, Closson Center - Lamoni, Iowa
- Entry Fee:** \$200 per team or \$400 per school. Make checks payable to: Graceland University Track Program
- Awards:** Medals for 1st, 2nd, 3rd place in each event.
Plaques for Teams placing 1st, 2nd, 3rd
Plaque for "Coach of the Year" both Men & Women.
Plaque for "Most Valuable Athlete" both Men & Women.
- Scoring:** Points awarded for 1st through 8th places. Scoring System: (10, 8, 6, 5, 4, 3, 2, 1)
Results will be posted on the Graceland Website (www.graceland.edu) after the meet.
- Entry Procedure:** Entries will be submitted online beginning at 6:00am on February 15th at:
Please remember that you may be asked for proof of seed times/marks submitted.
<http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2397>
- Time Conversions:** Each Coach is responsible for making all race time/distance conversions on their entries.
- Entry Limits:** No Limits.
- Entry & Declaration Deadline:** All entries must be entered and declared online by 8:00 pm Wednesday, February 18th, 2009.
There will be no exceptions to this rule. Heat sheets will be released Thursday, February 19th via email and the Graceland University Website at: <http://www.graceland.edu>
- Coach's Meeting:** There will be a Head Coach's Meeting Friday, February 20th, 2009 at 12:00 pm in the Coach's Hospitality area in the Closson Center.
- Rules:** Spikes may be worn on the track and in designated staging areas only. Spikes may also be worn in the long jump, high jump and pole vault events. ***ATHLETES CAUGHT WEARING SPIKES IN A NON-DESIGNATED AREA WILL BE DISQUALIFIED FROM THE MEET and EJECTED FROM THE FACILITY.*** All running events with a preliminary round will send eight athletes to finals. All field events with a preliminary round will send nine athletes to finals. All running event preliminaries will be run on Friday, February 20th, 2009.
- Implement Certification:** Friday, February 20th beginning at 11:30am and until 12:30 pm.
Saturday, February 21st beginning at 8:30am and until 9:15 am.
- Hospitality Services:** There will be a Hospitality Room with snacks and drinks for Coaches and Officials Only!
- Motels :** Super 8 Motel (Lamoni): 641-784-7500
Chief Lamoni Motel (Lamoni): 641-784-3329
Super 8 Motel (Bethany): 660-425-8881
Eagle's Landing Motel (Eagleville): 660-867-5228
- Meet Director:** **Kent Allshouse** (Graceland University)
641-784-5464 (Office)
515-554-6865 (Cell)
515-784-5472 (Fax)
allshous@graceland.edu