

# Drake RELAYS®

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POWERED BY Mediacom.

APRIL 24 - 27, 2024



## UNIVERSITY/COLLEGE MEET INFORMATION PACKET

**THIS PACKET ONLY CONTAINS MEET INFORMATION.  
FOR ENTRY DETAILS, CONSULT THE "ENTRY PACKET".**

Be sure to download the Drake Relays app powered by MidAmerican Energy on your smart phone which will include the schedule, heat sheets, live results and much more!

## CHECK-IN / PACKET PICK-UP

1. **RELAYS HEADQUARTERS:** Located at the South side of the Knapp Center at 2601 Forest Avenue.

Hours of Operation:

Wednesday, April 24 2:00PM-6:00PM

Thursday, April 25 10:00AM-6:00PM

Friday, April 26 6:30AM-5:00PM

Saturday, April 27 6:30AM-9:30AM

2. **FINAL FIELDS & START LISTS:** Posted at drakerelays.org on Sunday, April 21, 2024, by 8:00PM, CST.
3. **ADVANCE PAYMENT:** If you have paid your entry fees on Direct Athletics, please do not request a receipt at registration. Drake University accounting policy prohibits giving receipts for fees not directly handed. Your credit card receipt serves as your receipt. If payment is not received on Direct Athletics, payment is required to receive the team packet at Headquarters. **In-person payment processing will not be accepted at the 2024 Drake Relays presented by Xtream.** To expedite advance payment of entry fees following the closing of entries, the coach of the participating school will be sent a "request for payment" link that will have the entry fee total and other instructions for payment processing. The email address that the link is sent to will be needed to login into the payment system. If the email is forwarded to a business office to process the payment, they will still need to use the original email address to login. Visa, Mastercard, and Discover are accepted methods of payment. Print the payment confirmation sheet and bring to packet pickup as your payment confirmation. Links will be sent out no later than April 22, 2024. For questions contact the Drake Business Office: kyle.gross@drake.edu.
4. **RELAY RUNNER DECLARATION AND RELAY CARDS:** The relay runner order was submitted during the entry process. You can change the final runner order by submitting a Relay Runner Card at meet headquarters during packet pickup or at the clerking tent at check-in. **\*Note:** Only runners entered during the entry process will be eligible to compete.

## EVENT PROCEDURES

1. **TEAM CAMP & WARM-UP LOCATION:** All university and college teams will be encouraged set up team camps at the Recreation field, east of the Tennis Center. Teams that are driving are welcome to bring tents for setup on the perimeter of the field. Warm up will be available at the Recreation field, Fieldhouse Lot off 27<sup>th</sup> St., or inside the Knapp Center.
  - a. **KNAPP CENTER ACCESS:** All athletes may enter the Knapp Center warm-up track for practice on the north side of the Knapp Center, off Clark St. Using their athlete wristband. All bags are subject to search. Following warm-up, athletes must exit the facility through the same door entered.
  - b. **RECREATION FIELD:** Enter this area on the east side of the Tennis Center off Clark Street.
  - c. **CLERKING TENT/FIELD HOUSE LOT:** Running athletes may warm up here as directed after checking in at the Clerks Tent.
  - d. **INFIELD POLICY:** Athletes will NOT be permitted on the infield on Friday or Saturday for warm-ups. The infield will only be occupied by officials, medical personnel and competing field event athletes.
2. **KNAPP CENTER RULES:**
  - a. Athletes and coaches will enter on the north side of the facility on Clark St.
  - b. No equipment or throwing implements are permitted in the facility.
  - c. Warm-ups are permitted only on the track. With the number of Universities and Colleges in attendance, the track area will be reserved only for those actively warming up. No loitering in the Knapp Center to allow for quality warm up space for those competing.
  - d. The limited bleacher space will be available, however teams are asked to set up team camps at the Recreation field to ease congestion in the Knapp Center.
  - e. Training tables allowed in areas away from the track and not impeding pedestrian flow.
  - f. Spikes (1/4") are to be worn only on the track and not in the bleachers or on the Knapp Center floor.
3. **BIB NUMBERS:** Assigned numbers are to be worn on the FRONT of the track jersey. Numbers for all contestants in stadium events may be found in team packets and may be picked up at Relays Headquarters during the hours of operation listed on the previous page.
4. **RUNNING CHECK-IN PROCEDURES:** Check-in for running competitions will take place in the Field House parking lot, located east of the stadium **one hour** before event start time. All competing athletes must go to this check-in point. Track athletes will be clerked in the check-in area, informed of the heat or flight in which they are to



compete and relay runner cards are verified. Running event warm-ups are on the warm-up track in the parking lot north of the Field House.

- a. All competing athletes may begin checking in 60 minutes before their scheduled event start time. All athletes must be checked in 15 minutes prior to the event's scheduled start time. Athletes not checked in within 15 minutes of the event's start time will be scratched from the event and not allowed to compete.
  - b. For track events, a clerk/marshal will escort each heat from the check-in area to the assigned staging area. Athletes will be instructed when to remove their warm-ups and proceed to the start of their competition.
  - c. Athlete belongings will be placed in baskets and made available in either the Mixed Zone or Meet Recovery Area. Meet management and Drake University are not responsible for lost items.
5. **HIP NUMBERS:** All individuals and anchor runners on relays are required to wear hip numbers on **both sides**. Hip numbers will be provided at the Check-In tent. All events 1500 meters or longer will wear a third hip number on the upper left chest.
6. **FIELD EVENT CHECK-IN PROCEDURES:** All field event competition check-in will take place at the competition venues. The high jump and pole vault are contested in one continuous flight. The long jump, triple jump and all throws are contested in flights.
- a. For the high jump, long jump and triple jump, the warm-up period will start 60 minutes prior to the event. For the long/triple jumps, each flight will have a 15-minute warm-up prior to jumping.
  - b. For the pole vault, the warm-up period will be 90 minutes.
  - c. For the throwing events, check-in with the head event judge at least 30 minutes before competition time for flight specific warm-up information. Flight warm-ups will be 15 minutes in length.
  - d. The top nine marks for each discipline will qualify for finals.
7. **POLE VAULT PROCEDURES:** It is preferred that competitors bring their pole on the day of competition. If interested in pole vault storage, use the portable racks provided on the track. The poles in storage for athletes will be brought out 2 hours prior to the start of the event.
8. **THROWS PROCEDURES:** Warm-ups at the competition venue before the event will be supervised by an official. Meet official(s) must be present whenever warm-up activities are taking place. An official will signal athletes when they can throw and when they must wait for their turn to throw again due to the closeness of the throwing sectors. **There will be no use of facilities at any other time.**
9. **IMPLEMENTS:**

**SHOT & DISCUS:** Inspections will take place **AT** their respective throwing venues. **\*\*SE stadium shot ring & North field discus ring.**

Note: There is a one-hour window established to check-in implements for shot and discus events.

**Implement Check-In:**

BEGINS-- 90 min. before the scheduled start of the event &

ENDS-- 30 minutes before event start time.

Regardless of your flight you must enter your implements during the check-in period prior to the start of the event.

Only approved implements will be allowed for both warm-ups and competition. **\*No unsupervised warm-ups.**

**HAMMER & JAVELIN:** Please check your implements at the Implement Inspectors tent at any time within posted operating hours, or at least 90 minutes before event start time. **\*Early check-in is encouraged.**

Regardless of your flight you must enter your implements during the check-in period prior to the start of the event.

Only approved implements will be allowed for both warm-ups and competition.

**\*No unsupervised warm-ups.**

**Implement Inspectors' Tent Hour of Operation:**

Wednesday, April 24 10:00AM-6:00PM

Thursday, April 25 9:00AM-7:00PM

Friday, April 26 6:30AM-7:00PM

Saturday, April 27 9:00AM-3:00PM

5. **STARTING BLOCKS:** All starting blocks will be provided by Drake University.

6. **SPIKES AND TRACK SURFACES:** The running track, high jump, long jump, and javelin runways are Mondo surface. **ONLY 1/4-inch (6mm) spikes are permitted, except in the javelin and high jump where 3/8-inch (9mm) pyramid spikes will be permitted.** NO needle spikes or candles permitted. Please plan for this specific spike in advance. Shot put, discus and hammer rings are concrete.



7. **SPIKE CHECK:** All athletes' spikes will be checked for 1/4-inch spikes as noted in section 6. Running events will be checked at the check-in tent, and field events (except shot, discus, and hammer) will be checked at the venue. It is up to the athlete to have the correct spike length when they check in for their event.

8. **NO CALLS:** No event calls will be made.

9. **COMBINED EVENTS:** Check-in on Wednesday, April 24<sup>th</sup> begins at 10:00AM (CST) in the northeast building on the track. You may retrieve your bib number at that time. **You will not receive bib number/wristbands if entry fee is not paid upon arrival.** Please check your implements at the Implement inspectors' tent at any time within the above posted operating hours. **\*\*Early check-in is encouraged.** Only approved implements will be allowed for both warm-ups and competition. **\*\*No unsupervised warm-ups.**

**10. DISQUALIFICATIONS & PROTESTS:** Disqualification will be communicated after the Referee's decision is final and the Referee will attempt to notify the coach. Requests for disqualification information can be made only by coaches (not team members) and only to the Referee. The Protest location is in the tent by the NE building on the track, near the 200m start. Protests must be filed to the Referee within **15 minutes** of the results being posted to the live results page for all **U/C division** events. Protests must be filed to the Referee within **30 minutes** of the results being posted to the live results page for all **Open and Invitational** events. If a protest is made, the live results will show as "*under review*" until determined final by the Referee. Once received, the Referee will attempt to contact all impacted coaches using the cell number provided during entry registration on Direct Athletics.

**11. RELAYS CUP (UD):** The five (5) events (4x100, 4x400, 4x800, Sprint Medley and Distance Medley) will be part of the University Division Relays Cup. These events will be scored to the top eight (8) teams in each of those events. The team with the highest team score at the conclusion of the meet will be crowned the 2024 Relays Cup Champion. Scoring per event will be as follows: 10,8,6,5,4,3,2,1.

- *In case of a points tie, the team with the highest placing in the 4x200 will be the winner*

## ACCESS

1. **ATHLETE WRISTBANDS:** All competing athletes will receive an athlete wristband in the team packet. Wristbands will admit athletes through any gate at Drake Stadium, team camp area, warm-up area, and into designated seating areas within the stadium. Wristbands must always be worn.
2. **COACHES WRISTBANDS:** Coaches wristbands will be provided at Relays Headquarters at the discretion of staff and working personnel. Wristbands will admit coaches through any gate at Drake Stadium, team camp area, warm-up area, and into designated seating areas within the stadium. Seating in the coaches' section of the stadium is extremely limited and must control the number of wristbands allotted to teams. Wristbands must always be worn.
3. **ATHLETIC TRAINERS:** Athletic trainers will receive a coach wristband. Wristbands will admit athletic trainers through any gate at Drake Stadium, Knapp Center, the warm-up area, and into designated seating areas within the stadium. The Northwest Building on the track will be the location of the Drake and event athletic training staff. University and college trainers will only be allowed access to this area if there is an injury. Drake staff will tend to all athletes on the field or track if necessary.
4. **ACCESS TO THE STADIUM TRACK:** Access to the track will be limited to one location at the northeast corner of the stadium. Athletes will be led by clerks or marshals from the Check-In area to the track.
5. **COACHES & ATHLETES SEATING:** General seating for coaches and athletes will be in **sections A, B and C only**.
6. **COACHING BOXES:** If the coaching box is on the infield, each team will receive one (1) coach pass for access for the flight that the athlete is competing in regardless of the number of accepted entries in the event. Coaching boxes are available for the following events, shot put, long jump, triple jump, high jump, pole vault.

## AWARDS

1. **AWARDS STAND:** Some champions may be recognized at the center stage and would be specifically requested to do so after the event concludes.
2. **AWARDS:** The first-place award and Drake Relays champion t-shirts are awarded to University/College winning relay team members and individual event champions along with our traditional Champions Flag. A trophy is presented to winning relay teams. Second place and third place also receive awards. All awards can be picked up by the individual/relay team at the Awards Tent on the north plaza under the scoreboard as soon as the official results for each event are posted. Awards will not be mailed. Please note that the university/college unseeded 800, 1500 and 5000 events on Thursday are **NOT** eligible for awards.
3. **VICTORY LAP:** Individual and Relay Champions are encouraged to take a victory lap and, as requested, make plans to be recognized at the awards stand.



## MEDICAL

1. **FACILITY LOCATION:** The medical area is located at the northwest corner of the track. Services will be available 60 minutes prior to the start of each day and 30 minutes after the last event has concluded.
2. **MEDICAL SERVICES:** Medical services include certified athletic trainers and physicians. Team medical personnel will be permitted to enter the medical area for treatments or evaluations as necessary. Only Drake medical staff will be allowed on the track and infield.

**Modalities available at the facility location:**

- Ice Baths and Ice Bags
- Hot Packs
- Electrical Stimulation
- Ultrasound
- Taping

If team medical personnel are not traveling with the team, please provide a letter with requested taping and treatment parameters, as well as supplies as needed.

3. **EMERGENCY MEDICAL SERVICES:** Emergency Medical Services are located at the northeast corner of the track. These services include an ambulance and paramedics.
4. **DRAKE UNIVERSITY MEDICAL CONTACTS:**

**Angie Dahl Miller**  
Head Athletic Trainer  
(515) 271-4983  
Angela.Dahl@drake.edu

**Jenna Ross**  
Assistant Athletic Trainer  
jenna.ross@drake.edu

## **MEDIA**

- 1. CREDENTIAL REQUESTS:** All media credential requests should be submitted through the officials request form, [here](#). All requests should be submitted prior to the deadline of April 19, 2024. **No requests will be honored after the deadline.**
- 2. DRAKE UNIVERSITY MEDIA CONTACT:**

**Dave Shindelar**  
Assistant Director, Athletic Communications  
[david.shindelar@drake.edu](mailto:david.shindelar@drake.edu)

**If you have any questions, please contact Preston Davis, Assistant Relays Director at (515) 271-2114 or [preston.davis@drake.edu](mailto:preston.davis@drake.edu).**