CYCLONE OPEN

FRIDAY, JANUARY 19, 2024

LIED RECREATION CENTER

IOWA STATE UNIVERSITY

Meet Information

Entry Information

Entry Procedure:
The 2024 Cyclone Open is open to teams by invitation only. Meet management reserves the right to evaluate and approve all other entry requests. Interested teams should contact (ifrazier@iastate.edu) All entries must be done online through www.directathletics.com.

Unattached / Open Athletes:
Unattached / Open Athletes will be accepted on a limited basis. Interested individuals should contact (ifrazier@iastate.edu). Entry requests must be accompanied by a link to proof of performance within the last year.

Entry Fees:

$350 per team/gender, or $35 per individual athlete. All entry fees must be paid through DirectAthletics to be entered into the meet.

Important Dates
  Entries Open: Tuesday, January 2nd, 2023, at 12:00pm (CT).
  Entries Close: Monday, January 15th, 2023, at 12:00pm (CT).

Accepted Entries:
A list of accepted entries list will be posted on cyclones.com at least two days prior to the start of the competition.

Scratches:
To assist meet management in providing the most competitive fields possible, please submit all scratches to (ifrazier@iastate.edu) no later than Tuesday, January 16th at 5:00pm (CST).

Advancement Procedure:

Field Events   Top 9 performances advance to final
60m / 60mH   Top 8 times from prelims advance to finals

All other events will be contested as seeded sections against time.

Preferred Lanes:

60m / 60mH   5-4-6-3-2-7-8-1
200m   5-6-4-3-2-1
400m   5-6-4-3-2-1

Opening Heights:

Final opening heights will be determined by entries and projected NCAA qualifying standards.

Pre-Meet & Competition Information

Practice & Packet Pick-Up:

No Practice Prior to the event. No packets will be handed out. Due to competition, the Lied Recreation Athletic Facility will be **CLOSED** to practice the entire day on Friday, January 19.

Event Check-In:

Check-in for all running events will take place at the Southeast corner of the turf infield of the Lied Recreation Athletic Facility. Track athletes may check-in any time but must be in the staging area starting 15 minutes prior to the start of their race. All field events will check-in at their respective site of competition during athlete warm-up.

Weigh-In:

Implement inspection will take place at the designated throws circle 1 hour prior to the first throwing event on Saturday. Inspection will end 15 minutes prior to the start of the event.

Protests:

Rule 5.7-1 Protests relating to singular matters that develop during the conduct of the meet should be made at once and shall not be later than 15 minutes after the results have been announced or posted for the section involving the protest. Protest should be made at the clerk table.

Team Seating & Camps:
Team seating and camps will be located outside the track oval. There will be **NO TEAM SEATING** available in the infield. The infield is strictly reserved for athlete warm-up and coaching **ONLY**.

Suggested Dining Option:
Seasons Marketplace Dining Hall is approximately a 200m walk from the competition venue and provides buffet style dining options suitable for team use during competition. Referencing the parking map on page 11 – Seasons is located South of "*Lot 100*" and North of "*Lincoln Way*" on the East side of "*Beach Road*".

http://www.dining.iastate.edu/places/venue?id=24

Training Room Facilities:
Athletic Training Room Facilities are available for use including hot packs, foam rollers, and ice bags. Any treatments requiring further modalities are available upon request and if an athletic trainer is not present with your team, then a written note from him/her detailing treatment specifications will be needed. EMT services will be on site the days of competition as well as our team physician on call. For further information please refer to our informational webpage for visiting teams at istatesportsmed.com or contact Tyler Patterson (tpatt@iastate.edu).

TENTATIVE SCHEDULE of EVENTS

FIELD EVENTS - Friday, January 19th

Time	Gender	Event
11:00 AM	M	Pole Vault
To Follow	W	Pole Vault
11:00 AM	W	Weight Throw
To Follow	M	Weight Throw
To Follow	W	Shot Put
To Follow	M	Shot Put
3:00 PM	M	High Jump
To Follow	W	High Jump
11:30 AM	W	Long Jump
To Follow	M	Long Jump
To Follow	W	Triple Jump
To Follow	M	Triple Jump

RUNNING EVENTS - Friday, January 19th

Time	Gender	Event
1:00 PM	W	60m Hurdles
1:10 PM	M	60m Hurdles
1:20 PM	W	60m
1:30 PM	M	60m
1:40 PM	W	Mile
1:55 PM	M	Mile
2:15 PM	W	600yd
2:25 PM	M	600yd
2:35 PM	W	400m
2:50 PM	M	400m
3:10 PM	M	60m Hurdles
3:15 PM	W	60m Hurdles
3:20 PM	W	60m
3:25 PM	M	60m
3:35 PM	W	1000m
3:50 PM	M	1000m
4:00 PM	W	800m
4:10 PM	M	800m
4:20 PM	W	200m
4:35 PM	M	200m
4:50 PM	W	3000m
5:15 PM	M	3000m
5:30 PM	W	4 x 400m
5:40 PM	M	4 x 400m

*Running Events Run Slow to Fast
**Except 200m and 400m Run Fast to Slow

Lied Recreation Athletic Center & Harry Hoak Track Records

MEN

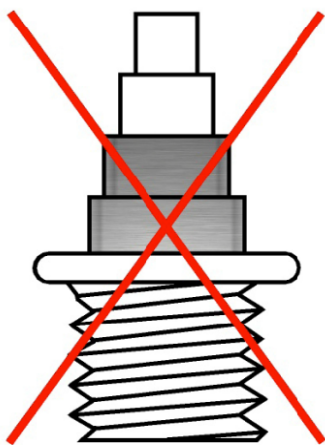| Event	Mark	Athlete	Date
60m Dash	6.51	Ronnie Baker (TCU)	02/27/2016
200m Dash	20.50	Walter Dix (Florida State)	03/04/2006
400m Dash	45.27	Zack Bilderback (Texas)	02/27/2016
600y Dash	1:07.03	Danny Harris (Nike)	02/09/1991
800m Run	1:45.97	Roman Orvec (SMU)	02/06/1999
1,000m Run	2:18.98	Festus Lagat (Unattached)	02/12/2021
Mile Run	3:56.84	Jordan Williamsz (Villanova)	02/15/2014
3,000m Run	7:47.57	Marc Scott (Tulsa)	02/10/2017
5,000m Run	13:34.64	Clayton Young (BYU)	02/08/2019
60m Hurdles	7.59	Dominique Arnold (Unattached)	02/12/2000
--	--	Ronnie Ash (Oklahoma)	02/27/2010
4x300m Relay	2:15.24	Nike	12/08/2006
4x400m Relay	3:03.43	Arizona State	03/06/2004
DMR	9:28.78	Arkansas	02/07/1998
High Jump	7-7	Erik Kynard (Kansas State)	02/24/2013
Pole Vault	18-6 ½	Chad Hartin (Bell Athletics)	02/06/1999
Long Jump	27-0 ¾	Anthuan Maybank (Unattached)	01/28/1995
Triple Jump	55-0 ¼	Andrew Owusu (Unattached)	03/07/1998
Shot Put	71-3 ½	Ryan Crouser (Texas)	02/27/2016
Weight Throw	81-6 ¾	Libor Chearfeitag (Unattached)	01/24/2003

WOMEN

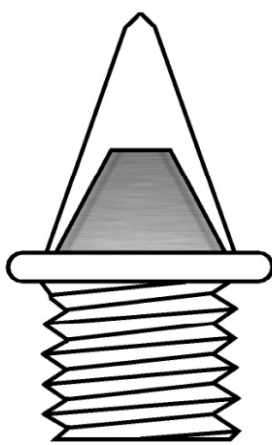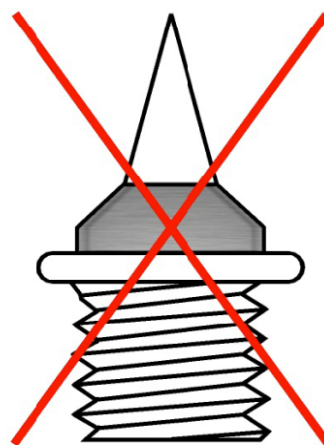| Event	Mark	Athlete	Date
60m Dash	7.20	Passion Richardson (Nike)	12/12/1997
200m Dash	22.79	Courtney Okolo (Texas)	02/27/2016
400m Dash	51.06	Courtney Okolo (Texas)	02/27/2016
600y Dash	1:17.89	Tanya Jarrett (Texas)	02/02/2000
800m Run	2:01.42	Shea Collinswoth (BYU)	02/11/2017
1,000m Run	2:43.11	Kaela Edwards (Oklahoma State)	02/28/2015
Mile Run	4:31.80	Sage Hurta (Colorado)	02/13/2021
3,000m Run	8:56.09	Lisa Koll (Iowa State)	02/27/2010
5,000m Run	15:21.66	Betsy Saina (Iowa State)	02/09/2013
60m Hurdles	8.00	Akela Jones (Kansas State)	02/27/2016
4x300m Relay	2:37.53	Lincoln (Mo.)	12/07/2012
4x400m Relay	3:31.87	Wyoming	03/06/2004
DMR	11:06.87	Duke	02/14/2014
High Jump	6-4	Elizabeth Patterson (Arizona)	02/13/2009
		Akela Jones (Kansas State)	02/27/2016
Pole Vault	14-9 ½	Emily Grove (South Dakota)	02/13/2016
Long Jump	22-1 ¾	Akela Jones (Kansas State)	02/26/2016
Triple Jump	45-7 ¼	Vanitta Kinard (Unattached)	02/09/2002
Shot Put	63-1 ¼	Raven Saunders (Ole Miss)	02/13/2016
Weight Throw	79-10 ¾	Brittany Riley (Southern Illinois)	02/11/2012

SPIKES:

- ONLY ¼ pyramid spikes will be allowed in the Lied Recreation Athletic Center.
- Athletes will not compete if you do not comply with this rule.
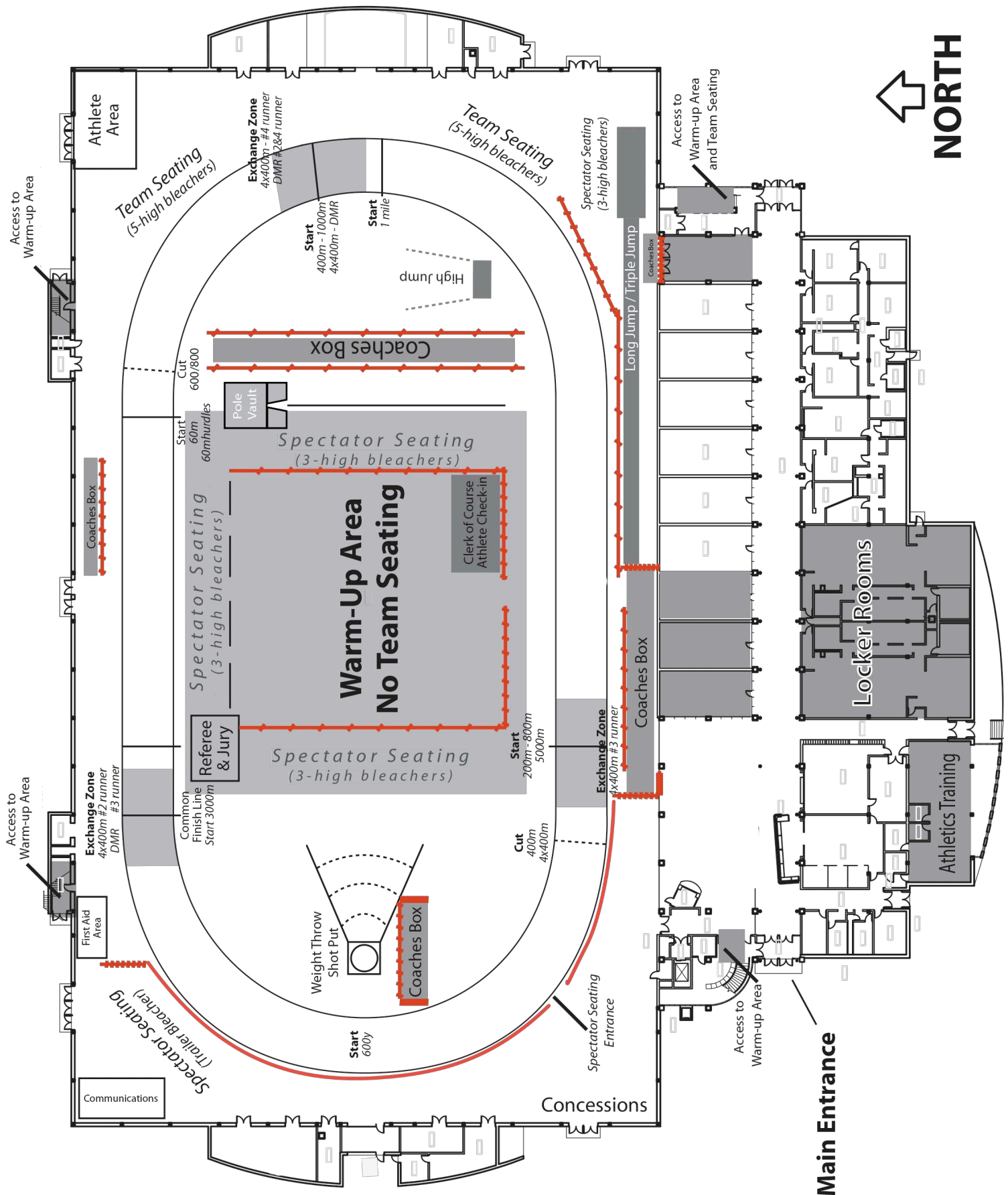- Shoes will be checked at the clerk's area prior to competition.

NO Christmas Tree Spike Pins

1/4" Pyramid

NO Needle Spike Pins

NORTH

Access to Warm-up Area

Athlete Area

Team Seating
(5-high bleachers)

Team Seating
(5-high bleachers)

Exchange Zone
4x400m - #4 runner
DMR #2&4 runner

Start
400m - 1000m
4x400m - DMR

Start
1 mile

High Jump

Spectator Seating
(3-high bleachers)

Long Jump/Triple Jump

Coaches Box

Access to Warm-up Area and Team Seating

Cut
600/800

Coaches Box

Coaches Box

Pole Vault

Start
60m
60mhurdles

Spectator Seating
(3-high bleachers)

Spectator Seating
(3-high bleachers)

Clerk of Course
Athlete Check-in

Warm-Up Area
No Team Seating

Locker Rooms

Access to Warm-up Area

Coaches Box

Exchange Zone
4x400m #2 runner
DMR #3 runner

Referee & Jury

Common Finish Line
Start 3000m

Spectator Seating
(3-high bleachers)

Start
200m - 800m
5000m

Exchange Zone
4x400m #3 runner

Coaches Box

Athletics Training

First Aid Area

Cut
400m
4x400m

Weight Throw
Shot Put

Coaches Box

Spectator Seating
Entrance

Access to Warm-up Area

Spectator Seating
(Trailer Bleacher)

Start
600y

Communications

Concessions

Main Entrance

Directions & Parking Information
Lied Recreation Athletic Center

Participant drop off is located on Beach Road in front of the Lied Recreation Athletic Center. Bus parking is located in the Iowa State Center lots north of Jack Trice Stadium. A parking attendant can aid you in locating this parking area.

Parking Lot Assignments

- **Lot 57** –
    – Officials & working staff

- **Lot 100**
    – Team vans & general public

- Iowa State Center
    – Bus parking

Please note that all parking is on a first come first serve basis.