



Event Information

Accommodation--IUPUI-University Tower

911 W. North Street

Indianapolis, IN 46202

[317-274-8968](tel:317-274-8968) (8am-9pm, Monday –Friday)

University Tower - <http://housing.iupui.edu/explore/tower/index.shtml>

\$70/per person per night

Accommodation reservations can only be arranged through the on-line entry system. All rooms must be paid in full through the event registration process and cannot be changed. Due to a limited number of rooms available at the University Tower rooms will be sold on a first come, first serve basis.

Parking at the University Tower will require a parking pass which can only be purchased through the on-line entry system. The cost of the Parking passes are \$13/per day which includes overnight and day-time parking. This parking pass must be paid in full through the event registration process and cannot be changed. The parking pass will be available when you check-in at the University Place. Please park temporarily in the front of University Tower to check-in and then park in the designated area (Tower Garage-875 W North St, Indianapolis, IN 46202) once you receive your pass.

Location of Tower Garage:

<https://www.google.com/maps/@39.774596,-86.173968,550m/data=!3m1!1e3?hl=en>

Directions to/from the competition venue from the residence hall:

<https://www.google.com/maps/dir/Michael+A.+Carroll+Track+and+Soccer+Stadium,+West+New+York+Street,+Indianapolis,+IN/University+Tower+Residence+Hall,+West+North+Street,+Indianapolis,+IN/@39.7733667,-86.1783906,17z/am=t/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x886b574ba72691f9:0xe25d28340d40101c!2m2!1d-86.17794!2d39.770736!1m5!1m1!1s0x886b50cac80ecc85:0x8d2481df0df8ee3f!2m2!1d-86.17456!2d39.77582!3e0?hl=e>

Amenities

The linen packages include : 1 blanket, 1 flat sheet, 1 fitted sheet, 1 pillow, 1 pillow case, 1 bath towel, 1 hand towel, 1 washcloth, 1 bathmat. Shower curtain and toilet paper in each bathroom will be provided (per person) in each room. Toiletries (shampoo, soap) are not provided.

Airport Transportation options

- IndyGo
 - Red Line-Services IUPUI Campus and Downtown
 - <http://www.indygo.net/route/50-red-line/>
 - University Place Stop:
<http://www.indygo.net/wp-content/uploads/2015/01/50W.pdf>
 - Does not run on Sunday.
 - Green Line Downtown/Airport Express
 - Approximately \$8 one-way service
 - Tickets can only be purchased at the airport in the ground transportation terminal (credit card only)
 - <http://www.indygo.net/pages/downtownairport-express> or 317.635.3344 or visit: indygo.net
 - Monday through Friday 7 a.m. – 7 p.m. (15 minute frequency), Weekends 6 a.m. – 7 p.m. (30 minute frequency or 70 minute frequency 7 p.m. - midnight)
- Open Door Paratransit Service <http://www.indygo.net/pages/open-door-paratransit>
- Yellow Cab/ Taxicab Service http://www.ycindy.com/special_needs.html
- CAREY INDIANA <http://careyindiana.com/>

Competition Registration

- **Registration Form:** <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=105700>
- **Registration Status:** <https://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=105700>

The registration fee is \$5 per event. Registration for both competitions will close on Monday, June 22, 2015 at 11:59pm, and **no further entries or changes will be accepted after the close of registration.**

Purchase a one-of-a-kind event t-shirt for only \$15! Participants interested in purchasing a t-shirt must register by June 15 (be sure to include the necessary t-shirt information with your event registration).

Competition Venue

Michael A. Carroll Stadium at IUPUI

1100 W New York Street

Indianapolis, IN 46202

Map: <http://goo.gl/maps/JE80>

Website: http://www.iupuijags.com/sports/2007/12/20/carrol_stadium.aspx?

IPC Approval

The competitions will be hosted as IPC Approved events. All results will be sent to the IPC for Rankings and World Records verification.

IPC Licensing/USATF Membership

Paralympic athletes are not required to have an IPC License to register for the competition; however, they must include the 2015 IPC License number in their registration in order for results and records to count. ***An IPC license is strongly encouraged.***

All USA Track & Field Open/Masters Athletes must have a 2015 USA Track & Field membership in order to register for the competition.

Rules

The 2015 IPC Athletics Rules will govern the competition.

<http://www.paralympic.org/athletics/rules-and-regulations/rules>

Anti-Doping

All athletes who compete in the Fast Cow Invitational and the Indy International competitions are subject to drug testing. Drug Testing will be conducted by and will follow all US Anti-Doping Agency (USADA) policies and procedures. More information about banned substances and doping control can be found by visiting: www.usada.org. Drug Testing will take place at the competition venue. If athletes are selected for drug testing they must bring an ID and are allowed and encouraged to have one representative to accompany them through Drug Testing.

Results

Results will be posted at the competition venue. Results will also be posted on the USATF Indiana website after the competitions: www.indiana.usatf.org

Training

The Michael A. Carroll Stadium at IUPUI will be available for training approximately one hour prior to the start of each competition session on June 27th and 28th only.

The National Institute of Fitness and Sport (NIFS) is located next to the IUPUI Stadium and offers Daily and Weekly Memberships (for a nominal fee) at their state-of-the-art, 65,000-square-foot fitness center:

http://www.nifs.org/club/scripts/library/view_document.asp?CLNK=1&GRP=14755&NS=PUBMEM&DID=108209&APP=80

Parking

Parking for coaches and athletes will be available in the Barnhill, Riverwalk and Sports Complex Parking Garages (across the street of the stadium—see Campus Map attachment for more details). There will be a parking fee to parking in the garages.

Campus map: <http://map.iupui.edu/>

Riverwalk and Sports Complex Garage Map:

<http://cdn2.hubspot.net/hub/208642/docs/NIFS%20map%20to%20garage.pdf?t=0>

Tickets

The competition is open to the public and admission is free.

Emergency Plan

If weather interrupts the competition, everyone in/around the stadium will evacuate to the IUPUI Natatorium.

Weather

Indianapolis will be hot in June. The daytime temperatures are forecast to be in the 80's F (20's/30's C). There is a low chance of rain/thunderstorm, but Indiana is known for constant changing weather. Bring the following items: hat, rain jacket, sunglasses, sunscreen, umbrella and water bottle. The competition has been scheduled for morning and evening sessions to avoid the mid-day heat.

Contact Information

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Schedule/Events

- Competition venue will open approximately one hour prior to the start of each competition session.
- Events will be on a rolling schedule. The order will be women's wheelchair followed by women's ambulatory (ambulatory includes Open/Masters), then men's wheelchair followed by men's ambulatory (ambulatory includes Open/Masters).
- The Fast Cow 400m Shootout will be a single elimination seeded bracket of head-to-head rolling 400m races. A 400m seed time is required. This is an open race: male vs. female, class vs. class (#1 seeds face #16 seeds in round 1, just like NCAAs). The bracket will be created based on seed times and meet director discretion (with consideration given to performances both at Fast Cow and the morning session of the Indy International). Athletes can start accelerating at 500m and drafting is allowed. The winner will receive a special Fast Cow prize! This event will not be included in the IPC results, rankings, records, etc.

FAST COW INVITATIONAL



& INDY INTERNATIONAL

JUNE 27 – 28 | IUPUI | INDIANAPOLIS

INDY INT'L

Saturday

June 27

8 a.m. - 11 a.m.

6 p.m. - 9 p.m.

Morning Session -- 8 a.m. to 11 a.m.

- 100 meters All events run as prelims
- 400 meters Schedule will be rolling
- 1500 meters Track events only
- 200 meters
- 800 meters

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Evening Session 6 p.m. to 9 p.m.

- 5000 meters* *5000 run as timed final
- 800 meters All events seeded based on prelims
- 200 meters Schedule will be rolling
- 400 meters Track events only
- 1500 meters
- 100 meters
- 4 x 400m Relay

FAST COW

Sunday

June 28

6 p.m. - 9 p.m.

Evening Session - 6 p.m. to 9 p.m.

- 5000 meters All events run as timed finals
- 100 meters Schedule will be rolling
- 400 meters Track events only
- 1500 meters
- 200 meters
- 800 meters

And at the conclusion of the 800 meters:

the second annual

400 SHOOTOUT

- Head-to-head rolling 400s
- Single-elimination seeded bracket
- Drafting allowed
- Open race: mixed class, mixed gender

ONE CHAMPION

(seed time required - results not included in IPC results)

