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Provided by ISU Meteorology Club

COMPETITION:

Iowa State hosts First Lego League robotic event

By Nate Bucsko
 @iowastatedaily.com

This Saturday, participants ages 9 to 14 will gather at Howe, Hoover, Black, Pearson, Design and Marston Halls to compete in the First Lego League, a competition formed by First and Lego to get children interested in science and technology at a younger age. Every year, First releases a new challenge that engages the teams in hands-on robotics design. The theme for the challenge is different each year, allowing teams to learn about a variety of subjects.

The participants form groups of two to 10 members. Once the challenge has been released, each team has three months to design, program and build a robot. The Lego Mindstorms robotics kit is used to aid the teams in building a robot capable of performing challenging tasks on the playing field.

The event is from 7:30 a.m. to 4:30 p.m. and is free to the general public.

-By Daily staff

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Student organization



Jeremy Dubansky jumps alongside some of the best in the nation, participating in his first skydiving competition after 1 1/2 years of jumping. He encourages ISU students to come and try out ISU skydiving.

Photo courtesy of Jeremy Dubansky

Jump sky-high

By Dale Johnson
 @iowastatedaily.com

ISU Skydivers president Jeremy Dubansky jumped alongside some of the best in the nation, participating in his first skydiving competition after a year and a half of jumping. Dubansky travelled to Eloy, Ariz. to compete in the U.S. Parachute Association's national competition, which took place Dec. 28, 2012, through Jan. 2, 2013. "I didn't even know events like this existed," Dubansky, senior in software engineering, said. "It was one of the best atmospheres I've been in." The goal of the event was to break records rather than go against another person, said Dubansky. "Skydiving as sport is a

great community to be in," Dubansky said. "While we were competing to be the best, it didn't seem like it." The competitors help push each other and made safety a priority, checking each other's parachutes. Scores are to show how far one was off the record according to Dubansky. Jumpers go through a routine to determine wind patterns before scoring

jumps. Dubansky participated in the canopy accuracy event, in which the jumper attempts to land on or as close to a target as possible. He placed fourth in the event with one jump just under 10 inches from the target. "I was very impressed," said Clark Coffman, ISU

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Health

Nut allergy woes students

By Lindsay Hostert
 @iowastatedaily.com

Students with food allergies face a lifetime of caution when it comes to contact with certain foods. The Iowa Court of Appeals ruled Jan. 2 that a tree nut allergy may meet the state's definition of a disability. Colby Geniec, sophomore in management who suffers from a nut allergy said, "It can be difficult at times, but I have never really viewed it as a disability, just special circumstances." Although it goes unnoticed, many students affected with food allergies are constantly reading labels and double checking to make sure the product consumed is safe for them. "[I'm often] worrying what can happen if I do eat [nuts]" said Elizabeth Gardner, senior in psy-

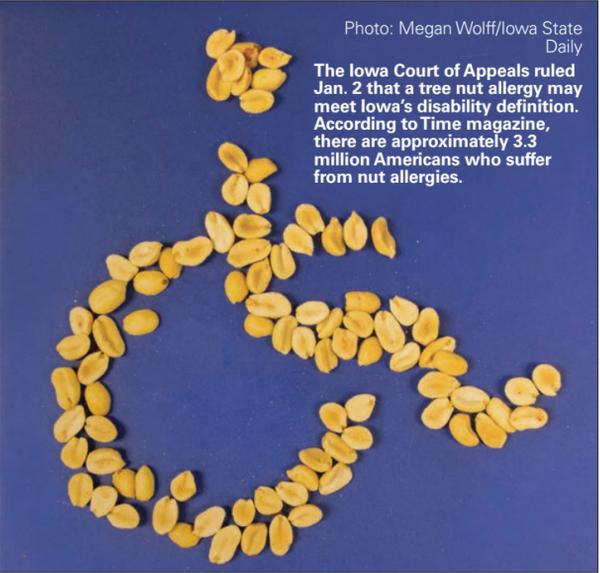


Photo: Megan Wolff/Iowa State Daily
 The Iowa Court of Appeals ruled Jan. 2 that a tree nut allergy may meet Iowa's disability definition. According to Time magazine, there are approximately 3.3 million Americans who suffer from nut allergies.

ALLERGY.p2 >>

Politics



Photo: Associated Press/Ron Edmonds
 President Barack Obama gives his inaugural address Jan. 20, 2009, at the U.S. Capitol in Washington. During this year's address, which is to be given on Monday, Obama plans to discuss his views about the current political climate.

Inaugural events begin this weekend

By Lissandra Villa
 @iowastatedaily.com

More than 150 years ago, Abraham Lincoln placed his hand on a small Bible and became the 16th president of the United States during a turbulent time in American history. This weekend, the same Bible that Lincoln used will be present during another historic moment: President Barack Obama's second inauguration. "It's nowhere near the same degree [as during the Civil War], but the degree of polarization in this country and the divisions that we face have been increasing over the last four years," said David Peterson, professor of political science at Iowa State. Obama's views on the political climate will be expressed during his inaugural address. "The inaugurations stand out for their inaugural address. This is an opportunity for presidents to leave their mark, and there have been some quite famous ones over the years," Peterson said. Obama will take the Oath of Office during the public swearing-in ceremony Monday on the Capitol steps. He will be sworn in by Chief Justice John Roberts using the Lincoln Bible as well as one that was owned by Martin Luther King Jr. Vice President Biden will be sworn in by Associate Supreme Court Justice Sonya Sotomayor. Performers lined up for the event currently include Beyonce, Kelly Clarkson and James Taylor. The actual inauguration, however central to the flurry of activities that will take place in Washington, D.C. this weekend, is certainly not the only event. Included are National Day of Service on Saturday and a National Prayer Service on Tuesday at the National Cathedral. On Sunday, the president and vice president will take their oaths during their private swearing-in ceremonies. The ceremonies are private because their term starts on a Sunday. Following the public swearing in ceremony on Monday will be two major events: the Presidential Inaugural Parade down Pennsylvania Avenue and the Inaugural Balls. The number of official balls, two, is the lowest in recent history. Obama announced the cut back was to dissuade government spending. "The inauguration of a second term for a president is always less exciting than the first, particularly than four years ago" Peterson said. "There was a lot of optimism in the air when Obama was inaugurated the first time, and this time it's going to be a

INAUGURATION.p2 >>

Police Blotter: Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Dec. 23
Terrance McCauley, 24, 816 Carroll Ave., was arrested and charged with operating while intoxicated at 13th Street and Stange Road (reported at 1:50 a.m.).

Officers received a report of two people arguing outside an apartment at Schilleter Village. The situation was mediated; appropriate referrals were also made (reported at 4:32 p.m.).

Dec. 24
 Vehicles driven by **Donavin Pope** and **Patrick McCormick** were involved in a personal injury collision at 13th Street and Stange Road (reported at 3:49 p.m.).

Dec. 26
 Vehicles driven by **Lavanya Singh** and **Madelein Kolb** were involved in a property damage collision at Stange Road (reported at 5:29 p.m.).

Dec. 27
Caroline Enriques, 21, 905 Dickinson Ave., Unit 104, was arrested and charged with operating while intoxicated at Hayward Avenue and Knapp Street (reported at 2:02 a.m.).

Vehicles driven by **Samantha Dean** and **Ashley Lickteig** were involved in a property damage collision at 13th Street and Stange Road (reported at 12:37 p.m.).

Vehicles driven by **Marguerite Adair** and **Teri Wilson** were involved in a property damage collision at Stange Road (reported at 12:25 p.m.).

Dec. 28
 Vehicles driven by **Kara Kibbe** and **Larry Kaster** were involved in a property damage collision at Blankenburg Drive and Stange Road (reported at 1:19 p.m.).

Dec. 29
 Maurice Lubalo, 26, 2300 Mortensen Parkway, Unit 9, was arrested and charged with operating while intoxicated (third offense), driving while barred, open container and failure to prove security against liability at Chamberlain Place and Chamberlain Street (reported at 1:04 a.m.).

Officers responded to a fire in a construction dumpster at Lied Recreation Center (reported at 12:22 p.m.).

Jan. 1
Nicholas Savage, 20, of 1344 Walton Drive, Unit 202, was arrested and charged with operating while intoxicated and misuse of a license to acquire alcohol at Lincoln Way and South Hyland Avenue (reported at 12:20 a.m.).

Austin Albaugh, 20, of Maryville, Mo., was cited for underage possession of alcohol at Chamberlain Street and Stanton Avenue (reported at 12:56 a.m.).

Sara Bauer, 19, of West Des Moines, was arrested and charged with operating while intoxicated at Hyland Avenue and Lincoln Way (reported at 1:30 a.m.).

A vehicle driven by **Alan Bergman** collided with a parked car on the 4500 block of Lincoln Way (reported at 9:09 a.m.).

Vehicles driven by **Abu Timbo** and **Adam Sander** were involved in a property damage collision in Lot D3 (reported at 2:30 p.m.).

Jan. 3
 Heather Cooper, 23, of 5615 Lincoln Way, Unit 5, was arrested and charged with driving under suspension at Lincoln Way and Wilder Avenue. She was subsequently released on citation (reported at 1:26 a.m.).

An individual reported the theft of a passport at University Village (reported at 5:21 p.m.).

Colin Behr, 21, of 2519 Chamberlain Ave., Unit 409, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Lincoln Way and University Boulevard. He was subsequently released on citation (reported at 10:06 p.m.).

Jan. 4
 Austin Sheeley, 19, of 2302 Suncrest Ave., was arrested and charged with operating while intoxicated at Gray Avenue and Lincoln Way (reported at 1:21 a.m.).

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Skydivers adviser and associate professor of genetics/development and cell biology. "Jeremy hasn't been jumping that long. It was a focused effort on his part."

According to Dubansky, the goal of the event was to break records, rather than go against another person competitively.

"It's not going against one another," Dubansky said "We're going for the same cause."

He travelled to the event alone but brought a second parachute rig, lent from Skydivers' treasurer, Jagan Alagurajan.

"My gear is a bit bigger. So I lent it to him," said Alagurajan, biochemistry, biophysics and molecular graduate assistant. "It allows him to fly a bit better on the descent."

Dubansky said he spent a week at the competition, which allows for the unpredictability of the weather. Dubansky also participated in the host drop zone's annual Holiday Boogie, an event comprised of fun jumps and social events for jumpers, during the trip.

"It's like a party at night for jumpers," Dubansky said.

Dubansky said the club aims to return next year with a team to compete.

Alagurajan and Dubansky said the club is looking to expand to help build the team. They also said that anyone interested in joining should know it is easy to get started in skydiving.

The club requires individuals to sign up and fill out a waiver for membership, Alagurajan said.

"We need enough active jumpers," Coffman said. "We just need a group of four people who have the qualifications to compete at nationals."

The club will let those

USPA national skydiving categories

Formation Skydiving: Teams of four, eight, 10 and 16 jumpers race to form prescribed geometric formations in freefall before opening their parachutes.

Vertical Formation Skydiving: On a freefall jump, four-person teams perform acrobatic maneuvers on upright and upside-down axes to complete as many formations as possible.

Free flying: A radical and truly three-dimensional competition where three-person teams free fall together in orientation, carefully choreographed for speed and excitement.

Freestyle Skydiving: A jumper combines gymnastics with dance in an aerial performance starting 13,000 feet above ground.

interested in skydiving make their first tandem jump at a reduced cost, Dubansky said. Students who wish to continue can obtain certification and may jump with club, including some tickets paid for by the club.

"Some people think most of us must be crazy, but they come and see that we are normal and come from different backgrounds," Alagurajan said.

The social aspect is one reason Alagurajan said people interested in skydiving should join and should visit one of the club's meet ups. The club meets at the Boone drop zone and makes jumps together, sometimes working on group formations in free fall.

"Everyone comes for the passion of it," Alagurajan said.

ISU Skydivers will be at this year's Clubfest and will stay in touch with those who are interested through the semester as they continue to meet and jump.

>>ALLERGIES.p1

chology, suffering from a nut allergy.

Gardner said at times it can be difficult, but there are places on campus that are very accommodating. "I can just read labels and ingredients and not choose that specific item."

Cafes and eateries on campus are usually very willing to accommodate students with all types of food allergies. They consistently include labels or provide menus that include ingredients for students with these specific needs.

The number of people who suffer from nut allergies is on the rise. According to a recent health article in Time magazine, there are roughly 3.3 million people in America who suffer from nut allergies.

Nut allergies have very different forms, ranging from very mild conditions like a headache to more severe conditions. In some cases, if someone affected by an allergy even nears nuts, they may break out into itchy hives. People with severe conditions may have symptoms that include having their tongue or throats swell up. In these cases, they would need emergency medical care.

Gardner feels that eating on campus is not only safe, but also enjoyable knowing that "there are usually a lot of different choices."

Brittney Rutherford, pro-

gram coordinator for campus dining services, shared how important it is that students feel safe eating on campus.

"We have a kitchen staff that is dedicated to insuring that all of our students' food is safe," Rutherford said.

Rutherford said if any student is concerned about their special dietary needs they are encouraged to "come in and talk with us so we can best fulfill their needs."

Another helpful tool that students can easily access on the ISU Dining website is NetNutrition. Here students can view all the recipes and ingredients that are prepared at the dining centers and plan a meal ahead of time.

"Most students know what they can and cannot eat," Rutherford said.

The Union Drive Marketplace is where most students should start when wanting to know more about food choices and dietary needs, Rutherford said. The kitchen staff and food supervisors are more than willing to take time to accommodate students who are willing to ask for help.

Geniec feels comfort knowing that restaurants on campus will continue to provide detailed labels.

"If restaurants on campus continually label the way they do, I won't have any problems eating there and feeling safe," Geniec said.

>>INAUGURATION.p1

toned down affair. He's toned it down some intentionally, and it's never quite as exciting."

Despite the cut in events, however, local businesses are bracing for the visitors that will spend the week in Washington, D.C. even though crowds are predicted to be a lot smaller than they were four years ago.

"We prepare a long time in advance. A lot of hotels go under renovation and things like that to make sure that the product is up to par," said Alexandra Byrne, director of sales and marketing at the Fairfax at Embassy Row hotel.

Byrne listed museums, transportation, and high-end shops that often set up in hotels as things in high demand during that time.

"An inauguration is different ... Everything is different, and you just need to make sure

Upcoming events

Here are some official inaugural events in D.C.:

- National Day of Service on Saturday
- Private swearing-in ceremonies on Sunday
- Public swearing-in ceremony, inaugural parade and inaugural balls on Monday
- National Prayer Service on Tuesday

that you're going to adapt and be flexible," Byrne said.

Despite cuts in the festivities and smaller attendance numbers, the celebrations will surely be as significant as the history already woven into them.

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EDITORIAL:

Origins of ISU student debt need definition

Although a college education always is expensive and represents a significant opportunity cost for students, Iowa State reportedly has some of the lowest in-state tuition around, according to recent findings by the Wall Street Journal. The Journal's survey ranked Iowa State 17th out of "72 public universities with substantial research activity, including many state 'flagship schools'" for lowest tuition. The report cited our \$7,726/year rate for 2012-13 in a range from a low of \$6,049 to a high of \$16,590.

In a context of constant concern about the rise of student debt and maybe even lower tuition through the elimination of tuition set-asides and increased aid from the State of Iowa — including a grant program for need-based aid — this news was surprising.

The financial burdens of rising tuition, which many students meet through more and more borrowing, have been cause for concern for a very long time. Taking a quick glance through the Daily's archives online, we find that in March 1997, one student wrote a letter to the editor to express his concern that students held too much debt. In July 1998, a columnist decried Congress' apparent lack of concern about the accumulation of student debt.

In September 1997, Iowa State President Martin C. Jischke brought the issue before the Iowa Board of Regents. The next semester, in January 1998, a news article compared student indebtedness and financial aid at Iowa State to that at the University of Iowa, University of Northern Iowa and Drake University. Back then, Cyclones graduated with about \$17,600 in student loan debt.

Alas, student debt and tuition have only risen, and student debt has persisted as a point of much contention.

The Government of the Student Body currently has a page on its website to describe their assessment of student debt, with their ideas of how to mitigate borrowing to attend college. In May 2012 the university touted its efforts to increase financial literacy and awareness among students. And in July, President Steven Leath testified before a committee of the U.S. Senate, pinpointing many ways in which universities can make a college education more accessible, from a financial standpoint.

The Wall Street Journal's report suggests that, on paper, student debt at Iowa State should not be as high as it is. We expect there are a few possibilities as to the cause. Perhaps students are borrowing more than they need, using the extra money to pay not for books and other academic expenses but Xboxes, clothes, cars and booze. It's possible that students simply are unaware of the financial commitments they are making. Maybe parents and families do not contribute as much as they should, or incoming students have no savings upon which to draw.

The tuition rate set by the Board of Regents and the appropriations made by the state cannot be the only contributor to the problem of student debt. Since there are so many peripheral issues involved — some of which may even be cultural — finding a solution, digging through all the accounting and demographic data, will require immense energy and dedication. But if the prospect of high student debt is what keeps potential students from going to college, and thereby keeps colleges from contributing to the world outside their campuses, the origins of student debt clearly need definition.

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Government



Congress recently missed the Jan. 1 deadline to resolve the fiscal cliff dilemma. Daily columnist Hannah Dankbar argues that if politicians spent more time discussing issues with the public and getting feedback from their constituents, such problems could possibly be resolved.

Congress members should make more effort to inform

The fiscal cliff "negotiations" were yet another embarrassment by Congress. Our national debt is a serious problem and both parties are going to have to make a lot of compromises to get it under control. The American people are and should be angry that our leaders cannot work together on any issue. It is embarrassing and unnecessary, and as citizens we should demand more from our leaders. The discussions about our debt will continue, and maybe in this time our leaders should listen to their constituents, the people who will be affected by their decision, or lack thereof.

Americans disapprove of how our representatives are doing their job 4-1. This is not acceptable. This demonstrates that our representatives are working for their parties and not their constituents. Something in our system has to change.

A possible solution would be to educate the general public about the problem. Let leaders from both parties go out across the country and teach the general public about this issue and then actually listen to their responses. This is one way to get the parties using the same strategy, it gets people talking and pressure for a good solution will come from the public instead of stubborn party leaders.

This would be great for any issues that arise in Congress — from health care reform to gun control. Let the people understand the problem and let's learn from each other.

From the 2008 recession people across the nation had to reevaluate their personal finances as many people lost their jobs and



By Hannah Dankbar
 @iowastatedaily.com

homes. People are more cautious and some have learned that they can't spend forever. Our representatives in Congress could learn a thing or two about the effects of debt from people who have actually had to deal with it.

According to the Huffington Post, the plans that were proposed by both parties didn't match up with what the American people thought was best. According to a poll people preferred Obama's plan 41 percent to 32 percent.

If our leaders spent as much time working with the general public as they did yelling at each other, think of everything we could accomplish. Maybe working with the public and listening to our frustrations could lead to more willingness to work together.

Having more informed citizens would be great for our political system. Our politicians are powerful, but they need to remember that they are where they are to best represent and benefit their constituents. By educating the public about various issues, the leaders can learn about what their constituents would actually like to see happen. By building a stronger relationship between politicians and their constituents maybe — just maybe — the strength of party influence can become slightly less powerful. Just imagine a world where politicians listened to their constituents more

than their parties.

Call me a dreamer, but I'm not the only one. Thomas Jefferson and other founding fathers made their desire of an informed citizenry known. It couldn't hurt to at least give it a shot.

There are no easy solutions to the issues we face as a nation. That is why we need our best people working toward solutions, but we need them working for a solution, not a political party. Starting with a general education about the problem could lead to more ideas of possible solutions which could (potentially) lead to better discussions which idealistically will lead to the best possible solution for our nation.

If Congress would make the effort to inform citizens about issues then the next logical thing would be for citizens to be receptive and engaged. As citizens we should make the effort to be informed and let our thoughts and beliefs be known to our leaders. If they reach out to us we need to make sure we respond.

We all should have similar goals for our country, so we should be able to work together to achieve them.

"If you're not part of the solution, you're part of the problem." If you aren't going to be politically active in any way, maybe you should think twice before speaking up.

Our nation needs more open conversation and willingness to compromise. Until we work together, this current cycle of stubbornness and frustration will continue. As citizens we can demand more of our leaders and they should hear our thoughts. If we are active citizens, then we can be a good resource for them. All it takes is a little teamwork.

Hannah Dankbar is a senior in political science and Spanish from Johnston, Iowa.

Modern life

How to survive a zombie trend

A pop culture trend that has been taking over all forms of media lately is that of the apocalypse. Even though the end of the world prophesied by the Mayan calendar did not occur, society remains obsessed with the concept.

Many movies, novels, and video games depict a devastated and ruined world brought about by aliens, biological or nuclear warfare, zombies, or some other strange plot device. However, in the last decade, zombies have been the prevailing theme.

Dozens of computer games, films, or popular television shows about the zombie apocalypse have appeared and won approval from the masses. Zombies have stepped out of the confines of their traditional role in horror B movies, but as the third season of "The Walking Dead" continues and the strange zombie-romance-comedy combination "Warm Bodies" reaches movie

By Hailey Gross
 @iowastatedaily.com

theaters, it seems that people are becoming tired of the decaying undead.

Rather than committing zombies to a final grave, we should instead be more finicky about which forms of zombie media we choose to dedicate ourselves.

Much like the rise of wizardry in young adult fiction after "Harry Potter" or the more recent (and more contemptible) surge of vampire romance as a result of "Twilight," the zombie trend has fed off its earlier successes to become too vast and quite tiresome.

And similarly to these other genres, we must sort through it all to find the gems amidst the rubble.

Hailey Gross is a sophomore in English.

Can you be fired for being pretty?

Iowa Supreme Court ruled 7-0 that employers can fire employees on the grounds of "irresistible attraction" on Dec. 21, 2012.

Along with his wife, Fort Dodge dentist James Knight claimed their dental assistant of 10 years, Melissa Nelson, was a threat to their marriage. Nelson, married with two kids, was accused of wearing "tight clothes" and being a sexual distraction. She wore a generic healthcare assistant uniform, as seen in most doctor's offices and hospitals.

Ordered by his wife and counseled by pastor, Knight — a self-proclaimed deeply religious man — saw it fitting to terminate the "stellar" employee.

The Iowa high court said this was not a violation of the Civil Rights Act as the reasons for termination were not based on gender and instead emotion. Now she works all but one day a week as a waitress.

Knight confided to Nelson's



By Ian Timberlake
 @iowastatedaily.com

husband that he feared his texts to her would develop into an affair. At the same time Nelson, 21 years younger, claimed she never once had an attraction to Knight and looked at the middle-aged man as more of a father figure who happened to be her employer.

Knight's wife also worked with them and discovered the text messages in regards to family matters, soon after, she demanded he terminate his dental assistant.

Ian Timberlake is a senior in aerospace engineering from Chicago, Illinois.



Read more online:

Whether you're interested in the zombie apocalypse or pressing civil rights issues, Daily columnists have an opinion and can help inform you. Read Hannah Dankbar's and Ian Timberlake's full columns (and many more) online at: iowastatedaily.com/opinion

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SPORTS JARGON:

Unattached

SPORT: Athletics
DEFINITION: When an athlete competes for his or her self, but is not eligible to score points for his or her team.
USE: Betsy Saina ran the 2012 outdoor season unattached in order to save eligibility for the 2013 outdoor season.

Women's track and field

Open brings stiff competition



File photo: Iowa State Daily
Dani Stack, left, and Meaghan Nelson participate in the women's 5,000-meter run during the ISU Classic on Feb. 11, 2012, which was held at Lied Recreation Athletic Center.

Athletes step up intensity after first season meet

By Mark Specht
@iowastatedaily.com

ISU women's track athletes eased into the indoor season with their first meet last month but expect the intensity to increase starting with the ISU Open this weekend.

At the Holiday Classic, the ISU women finished first in seven events and had several second- and third-place finishes.

ISU coach Corey Ihmels said the competition at the ISU Open will be much more stiff.

"Every meet, the competition gets a little bit better," Ihmels said. "This meet will be a little bit better, the [Bill Bergan Invitational] will be a little better than that, and the [Iowa State Classic] will be a little better than that, and then conference is obviously really

Women's schedule

Friday field events

- 3 p.m. - Weight throw
- 3 p.m. - Long jump (West pit)
- 3 p.m. - Pole Vault

Friday running events

- 3 p.m. - 5,000-meter run (nonseeded)
- 4:10 p.m. - Distance Medley Relay
- 5:10 p.m. - 200-meter dash
- 6:40 p.m. - 5,000-meter run (seeded)

Saturday field events

- 10 a.m. - Shot put
- 10:30 a.m. - High jump (nonseeded)
- Noon - Triple jump (East pit)
- 12:30 p.m. - High jump (seeded)

Saturday running events

- 10 a.m. - 3,000-meter run (nonseeded)
- 10:50 a.m. - 60-meter hurdles (prelims)
- 11:40 a.m. - 60-meter dash (prelims)
- 1:45 p.m. - Masters 300-meter
- 1:55 p.m. - Mile run
- 3:05 p.m. - 60-meter hurdles (final)
- 3:25 p.m. - 60-meter dash (final)
- 3:45 p.m. - 400-meter dash
- 4:45 p.m. - 800-meter dash
- 5:40 p.m. - 3,000-meter run (seeded)
- 6:20 p.m. - 1,000-meter run
- 6:55 p.m. - 4x400-meter relay

good." Counting Iowa State, there are 32 teams slated to compete in the ISU Open, which will take place at the Lied Recreation Athletic Center on Friday and Saturday. The meet is open to all col- **COMPETITION.p5 >>**

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Men's track and field

Men use opener to prepare for Big 12 Conference meet

Coaches put team skills to test following Winter Break

By Isaac Hunt
@iowastatedaily.com

Iowa State will host more than 40 teams — including 16 from Iowa — at the annual ISU Open on Friday and Saturday.

This meet will showcase the multi-talented ISU men's track and field team, but it is only a small stepping stone toward the Big 12 Conference meet.

"It's a progression for us," said assistant coach Pete Herber.

"We are not looking to do a whole lot this weekend. We're training and trying to improve

PREPARATION.p5 >>

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>> **COMPETITION.p4**

legiate teams, unattached collegiate athletes and former collegiate athletes who are willing to pay \$20 per individual.

There will be no scoring at the meet, but Ihmels said the team is focusing on improving from week to week leading up to the conference meet.

"It's all towards the end goal, and the end goal is to run well at the conference meet," Ihmels said.

For the women's long-distance runners who finished the cross-country season shortly before a one-month break, this race may be an opportunity to get in more work.

"I think for ... the throwers and sprinters and jumpers, [they're] a little farther along," said assistant coach Travis Hartke. "As far as the distance runners go, it's early."

Assistant coach Grant Wall thinks the Cyclone throwers did well training and resting during winter break, adding the marks they have set for this meet should be similar to what they had in the Holiday Preview.

Similar to the throwers, assistant coach Nate Wiens is excited about the work the sprinters had put in over break despite not having a facility to practice. For his athletes, Wiens said, "expectations are a little bit higher" as they now move further into the heart of the season.

The ISU Open will be a two-day event hosted at Lied. The meet begins at 3 p.m. Friday and resumes at 10 a.m. Saturday.

>> **PREPARATION.p4**

for meets down the road."

Not much pressure will be put on the athletes this weekend since nothing will be scored, but they will show up to do their best in hopes of impressing the coaches down the road.

The home opener for this season is anticipated as a challenging meet that will set the tone for the rest of the season.

"It's going to be a great opener," said assistant coach Travis Hartke.

"I think we can get some qualifying marks this weekend. It's a step. For the next four weeks, we compete every weekend. This is a step to the next one.

"It's a test of what they've done this winter. We have 5 1/2 weeks until conference. We have to be on it at all times."

With the Big 12 Conference meet fast approaching, it is important to start off feeling good about the future.

Coach Corey Ihmels said it is a test to see where they are after winter break.

"Now it's an opportunity for us to gauge where we are as a group," Ihmels said. "Hopefully we will walk away from it healthy and feeling well about what transpired over break."

With a newly remodeled track and signs adorning the Lied Recreation Athletic Center, this meet will begin a new season for the ISU men's track and field team.

Hartke gave his take on this weekend's meet and his input on what fans should be watching for.

"We have a lot of good kids in the mile and the thousand, which most of those kids are 3K,



Herber



Ihmels



Hartke

Men's schedule

Friday field events

- 3 p.m. - Long jump (East pit)
- 5 p.m. - Weight throw

Friday running events

- 3:30 p.m. - 5,000-meter run (nonseeded)
- 4:40 p.m. - Distance Medley Relay
- 5:55 p.m. - 200-meter dash
- 7 p.m. - 5,000-meter run (seeded)

Saturday field events

- 1 p.m. - Shot put
- 2 p.m. - Triple Jump (East pit)
- 2 p.m. - Pole Vault
- 2:30 p.m. - High jump (nonseeded)
- 4:30 p.m. - High jump (seeded)

Saturday running events

- 10:20 a.m. - 3,000-meter (nonseeded)
- 11:20 a.m. - 60-meter hurdles (prelims)
- 12:05 p.m. - 60-meter dash (prelims)
- 1:10 p.m. - 600-yard
- 1:45 p.m. - Masters 300-meter
- 2:30 p.m. - Mile run
- 3:15 p.m. - 60-meter hurdles (final)
- 3:35 p.m. - 60-meter dash (final)
- 4:15 p.m. - 400-meter dash
- 5:10 p.m. - 800-meter dash
- 5:55 p.m. - 3,000-meter run (seeded)
- 6:45 p.m. - 1,000-meter run
- 7:25 p.m. - 4x400-meter relay

5K kids," Hartke said. "I think the [Distance Medley Relay] will be fun because it's something we do as a team. Everybody runs the [Distance Medley Relay] on

Friday." The men kick off their season with the 5,000-meter run at 3:30 p.m. Friday and continue with the 3,000 at 10:20 a.m. Saturday.

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