

April 13th, 2017

Dear Coach:

We would like to take this opportunity to welcome you to the **2017 J-Hawk MIDDLE SCHOOL Relays** to be held **Friday, May 5, 2017**. In order to have a smooth meet for all of the competitors, please note the following:

****The Relays will be held on the all-weather track at the
JESUP COMMUNITY SCHOOL DISTRICT. ****

- ✓ **Entry fee:** \$50.00 for the boys and \$50.00 for the girls.
- ✓ **Scoring:** There will be separate scores kept for the seventh and eighth grade teams.

Boys:	Girls:
Individual Events: 10-8-6-4-2-1	Individual Events: 10-8-6-4-2-1
Relays: 10-8-6-4-2-1	Relays: 10-8-6-4-2-1
- ✓ **Awards: Medals will be presented for each individual event and relay, first and second places only.**
- ✓ **Schedule:** The meet will begin at 4:00 p.m. with field events for the girls and running events for the boys. After the girls are finished with field events, the boys will do field events; while the girls run their races. We will alternate the boys and girls races after both groups complete their field events with 7th grade running first before the 8th grade with both male and female events.
- ✓ **Field Event Order:** Shot put – 8th Grade; Discus – 7th Grade; Long Jump – 7th; High Jump Both
- ✓ **Teams represented:** Alburnett, Denver, East Buchanan, Hudson, Jesup, North Linn, Springville, St. Patrick's, and Wapsie Valley
- ✓ Please park buses **ON PROSPECT STREET, SOUTH OF THE ELEMENTARY.**
- ✓ **Surfaces:** The track is composed of an all-weather surface. The shot and discus ring areas are made of concrete, only training flats will be allowed. The long jump approach and high jump are an all-weather surface, 1/8 inch or shorter spikes are permitted. Blocks will be provided.
- ✓ **Admissions:** Adults- \$3.00 Students- \$2.00
- ✓ Please keep all participants **off of the infield of the track** so the clerk can keep us on schedule and the participants will be able to hear their events being announced over the P.A.
- ✓ Due to lack of dressing facilities, please see that your athletes are dressed before you arrive.
- ✓ There will be a concession stand, scoring shed, and restroom facilities available at the site.

WHEN RUNNERS CHECK IN THEY WILL BE GIVEN HIP NUMBERS TO PUT ON. WE HAVE A FINISH LYNX TIMING SYTEM THAT WILL BE USED.

.If you have any questions, please call the Athletic Office at (319) 827-1700, x-1203. We look forward to seeing you and your teams Friday, May 5th. With your cooperation, we should have a successful meet.

Sincerely,

Joe Smeins, Athletic Director

Sam Thornton, Girls Middle School Track Coach

Nick Green, Boys Middle School Track Coach

Alex Jipson, Girls Middle School Track Coach

Josh Zuck, Boys Middle School Track Coach

2017 J-Hawk Invitational

Order of Events:

Shuttle Hurdle Relay (boys)
Shuttle Hurdle Relay (girls)

4 x 800 Relay (boys)
100 Meter Dash (boys)
Distance Medley Relay (boys)
400 Meter Run (boys)
4 x 200 Relay (boys)

Girls go to field events

4 x 800 Relay (girls)
100 Meter Dash (girls)
Distance Medley Relay (girls)
400 Meter Run (girls)
4 x 200 Relay (girls)

**After the 4x200
boys relay,
7th & 8th grade**

**7th & 8th grade girls and boys will
combine**

1500/1600 Meter Run
100 Meter Hurdles
200 Meter Dash
Sprint Medley Relay
200 Meter Hurdles
800 Meter Run
4 x 100 Relay
4 x 400 Relay

**Each of the races
will be run in the
following order:**

7th grade girls
8th grade girls
7th grade boys
8th grade boys

GOOD LUCK TO ALL ATHLETES!