

**NICL East Conference Meet  
La Porte City, Iowa  
Thursday, May 4, 2017**

**Teams: Aplington-Parkersburg, Columbus Catholic, Denver, Dike-New Hartford, Hudson, Jesup, Sumner-Fred, Union, Wapsie Valley**

**Scoring:**

<b>Individual</b>	<b>10-8-6-4-2-1</b>
<b>Relays</b>	<b>10-8-6-4-2-1</b>

**Field Events—Begin at 4:30**

<b>4:30 PM</b>	<b>High Jump</b>	<b>G/B</b>
	<b>Discus</b>	<b>B/G</b>
	<b>Shot</b>	<b>G/B</b>
	<b>Long Jump</b>	<b>B/G</b>

**Running Events – Begin at 5:00 p.m. Girls First Followed by Boys**

**800m Sprint Medley**  
**3000/3200 meter run**  
**4 X 800 meter relay**  
**Shuttle hurdle relay**  
**100 meter dash**  
**Distance medley relay**  
**400 meter dash**  
**4 X 200 meter relay**  
**100/110 meter hurdles**  
**800 meter run**  
**200 meter dash**  
**400 meter hurdles**  
**1500/1600 meter run**  
**4 X 100 meter relay**  
**4 X 400 meter relay**

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**Field Events: 4:30 p.m.**

**Running Events: 5:00 p.m.**

1. The track is a 400-meter, 8-lane rubberized, all-weather surface. Only track shoes with 1/8" spikes will be allowed.
2. Contestants must report to the Clerk-of-Course on the first call so they can receive lane assignments and other instructions. No contestants may run in a heat or lane other than that assigned to him. The clerk will be located at the chute on the NW side of the track or at the start/finish line.
3. Starting blocks will be provided. Each team is expected to bring their own batons.
4. Warm-ups in the high jump should be taken prior to starting time. The following will apply:

High Jump will begin at 4'2" for girls and 5'2" for boys and be raised 2" each time.  
Shot and Discus will allow 4 throws per athlete.  
Long Jump will allow 4 jumps per athlete.
5. Long Jump and High Jump approaches are of rubberized all-weather surface. Only 1/8" track spikes will be allowed. The Shot Put and Discus rings are concrete.
10. There will be no preliminary heats. All events will be final events and run slowest to fastest.
11. Awards and results will be available in the press box at the conclusion of the meet or we will e-mail them to you the next day. Medals will be given for 1-3 places for relays and 1-3 places for individual events.
12. Please send your athletes dressed for participation. We do not have locker room facilities at the track.
13. All athletes/teams are responsible for their own valuables.
14. Coaches and non-participants will not be allowed on the track or football field during the track meet. You must stay in the stands or your team could be disqualified from that particular event.
15. NO spikes allowed in bleachers!
16. NO camps on football field! All team camps need to be set up outside of fence and cleaned up after meet. Your cooperation is appreciated!
17. Buses should park in the HS parking lot on the south side of the high school.

**18. Admission will be \$5 for adults and students.**

**19. If it is a cold night we will waive the uniform rule.**