

NICL EAST CONFERENCE MEET

Hosted by S-F High School @
802 W. 6th Street, Sumner, IA 50674

THURSDAY, MAY 3, 2018

Teams:

- Aplington-Parkersburg
- Columbus Catholic
- Denver
- Dike-New Hartford
- Hudson
- Jesup
- Sumner-Fredericksburg
- Union
- Wapsie Valley

Scoring: **SCORING 8 PLACES**

- Individual 10-8-6-5-4-3-2-1
- Relays 10-8-6-5-4-3-2-1

Field Events—Begin at 4:30:

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

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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The track is a 400-meter, 8-lane rubberized, all-weather surface. Only track shoes with 1/8" spikes will be allowed.

Entries:

- Any changes after that should be brought to the press box on the day of the meet.
 - a. Two individuals and One Relay.
 - b. All will be seeded by time.
 - c. Report to press box immediately for scratches/changes.
 - d. We have 9 teams so heats for relays will be 3 then 6 and opens will be 2,8,8.

Other Information:

- 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 SE side of the track..**
- Starting blocks will be provided. **Each team is expected to bring their own batons.**
- 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.
- 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.
- **There will be no preliminary heats. All events will be final events and run slowest to fastest.**
- **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.
- **Please send your athletes dressed for participation. We do not have locker room facilities at the track.**
- All athletes/teams are responsible for their own valuables.
- **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.
- **NO spikes allowed in bleachers!**
- **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!
- **Buses should park in the HS parking lot on the south side of the high school.**
- **Admission will be \$5 for adults and students.**
- **If it is a cold night we will waive the uniform rule.**
- **Contacts:** Steve Kalous, Head Track Coach, 563-578-3341
Kurt Volker, Track AD, 319-240-7408 or 563-578-3354
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