



## Co-Ed Invitational

Waverly-Shell Rock  
High School

Thursday, March 29, 2018  
5:00pm



### GENERAL INFORMATION:

1. See Tammy in the press box for any changes.
2. Please use spikes no longer than 3/16.
3. **\$90.00 per school** if entering a boys and girls team.
4. Field events will start at 5:00 p.m. Concrete surfaces for shot and discus. Track like surfaces for long jump and high jump. High Jump - Boys North Pit; Girls South Pit. Weigh-in implements under bleachers.
5. Warm ups must be completed by 5:00 p.m. for field events. Reminder: Adult supervision needs to be present at all field events during warm-ups. Please see that this is covered.
6. Practice baton exchanges on the back stretch.
7. Please remind your athletes to stay clear of the infield and finish line. This is important with field conditions at this time.
8. Location of camps: Please keep all camps outside of the track. **NO ONE IS TO BE ON THE INFELD.**
9. All runners in each event will check in with the clerk and pick up their hip numbers at the northwest end of the track.
10. There will be a first call and second call for each event.
11. Starting blocks will be furnished.
12. Tape will not be allowed on our track or jumping venues. We will provide tennis balls cut in half to use. We will have a pail of these at each corner of the track for the athletes to use and in jumping areas.
13. A concession stand will be in operation at the stadium.
14. Awards may be picked up at the conclusion of the meet by the coach in the press box. Results will be emailed. The rules of the IGHS AU and the IHSAA will govern the meet. Individual – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> will receive ribbons. Relays – 1<sup>st</sup> & 2<sup>nd</sup> will receive medals. 6 places will be scored 10-8-6-4-2-1.
15. Admission: Adults - \$5.00, K-12 - \$3.00.

Dave Litterer, Athletic Director  
Waverly-Shell Rock High School



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### **Order of Events**

**5:00 National Anthem**

#### **ALL FIELD EVENTS**

**Sprint Medley Relay G**  
**Sprint Medley Relay B**  
**3000 M. Run G**  
**3200 M. Run B**  
**4 x 800 M. Relay G**  
**4 x 800 M. Relay B**  
**Shuttle Hurdle Relay G**  
**Shuttle Hurdle Relay B**  
**100 M. Dash G**  
**100 M. Dash B**  
**Distance Medley Relay G**  
**1600 Medley Relay B**  
**400 M. Dash G**  
**400 M. Dash B**  
**4 x 200 M. Relay G**  
**4 x 200 M. Relay B**

#### **Boys Teams (8)**

Charles City  
Clear Creek Amana  
Dike-New Hartford  
Hudson  
Mason City  
New Hampton  
Waterloo East  
Waverly-Shell Rock

**100 M. Hurdles G**  
**110 M. High Hurdles B**  
**800 M. Run G**  
**800 M. Run B**  
**200 M. Dash G**  
**200 M. Dash B**  
**400 M. Low Hurdles G**  
**400 M. Low Hurdles B**  
**1500 M. Run G**  
**1600 M. Run B**  
**4 x 100 M. Relay G**  
**4 x 100 M. Relay B**  
**4 x 400 M. Relay G**  
**4 x 400 M. Relay B**

#### **Girls Teams (8)**

Charles City  
Dike-New Hartford  
Hudson  
Mason City  
New Hampton  
Waterloo East  
Waterloo West  
Waverly-Shell Rock

**Scoring will be for a 6 Places 10-8-6-4-2-1**