



Go-Hawk Early Bird

Waverly-Shell Rock
High School

Tuesday, March 27, 2018
5pm



GENERAL INFORMATION:

1. See Tammy in the press box for any last minute changes when you arrive.
2. Please use spikes no longer than 3/16.
3. **\$90.00 per team.** Bring with you the day of the meet or make sure your AD has this taken care of. Thanks!
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. Weigh in implements under the grandstands/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 INFIELD.**
9. All runners in each event will check in with the clerk 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 this year. 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 at the conclusion of the meet. The rules of the IGHS AU and the IHSAA will govern the meet. We will team score the meet, there will be meet records. Varsity – 1st & 2nd place will receive medals, 3rd - 6th will receive ribbons; JV - 1st – 6th will receive ribbons. 7 places will be scored: 10-8-6-4-3-2-1.
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

5:15

RUNNING EVENTS:

Sprint Medley Relay JV

Sprint Medley Relay V

3000 M. Run – JV -V

4 x 800 M. Relay - JV

4 x 800 M. Relay - V

Shuttle Hurdle Relay – JV

Shuttle Hurdle Relay – V

100 M. Dash – JV

100 M. Dash – V

Distance Medley Relay – JV

Distance Medley Relay – V

400 M. Dash – JV

400 M. Dash – V

4 x 200 M. Relay - JV

4 x 200 M. Relay - V

100 M. Hurdles – JV

100 M. Hurdles – V

800 M. Run JV

800 M. Run V

200 M. Dash – JV

200 M. Dash - V

400 M. Hurdles – JV

400 M. Hurdles – V

1500 M. Run – JV

1500 M. Run – V

4 x 100 M. Relay - JV

4 x 100 M. Relay – V

Throwers 4 x 100 Relay – JV/V

4 x 400 M. Relay - JV

4 x 400 M. Relay – V

**Cedar Falls
Independence
Waterloo East**

**Dubuque Senior
Mason City
Waterloo West**

**Hudson
North Fayette Valley
Waverly-Shell Rock**

7 Places Will Be Scored: 10-8-6-4-3-2-1