



# Grundy Center Spartan Track and Field

We are looking forward to hosting your teams this season in Grundy Center. If you need any special accommodations or have questions, don't hesitate to call or email me.

From: Grundy Center Activities Director: Dan Breyfogle [dbreyfogle@spartanpride.net](mailto:dbreyfogle@spartanpride.net)  
515-491-4650

To: Head Girls Track and Head Boys Track Coaches, Athletic Director

RE: Spartan Coed Early Bird Track Meet, **Tuesday April 2nd, 2019**

*Welcome to Grundy Center! Please find below information pertaining to the upcoming Spartan Coed Early Bird Track Meet.*

Format: We will start field events at 4:30 and all running events at 5:00. We will follow the IHSAA Meet order of events plus un-scored JV heats in the 100, 200, 400 m dash and 4x100, 4x200 m relays.

Running Surface: 8 lane all-weather polyurethane. **Please use 1/8<sup>th</sup> inch pyramid spikes only!! Please do not use tape on track at exchange zones! Tennis balls provided.**

Admission: Adults \$5.00 Students \$5:00

Entry Fee: \$80 Per team, as soon as possible, Payable to Grundy Center Schools

Concessions and Restrooms: Located at west end of the track/stadium complex.

Bus Drop Off and Parking: Buses may drop off on the South Side of the High School between the school and the track. Buses can then be parked on the North side of the High school or in the parking lot to the East of the School.

Camps: May be set up outside of the track on the north or west side of the stadium. Camps may NOT be set up anywhere on the track infield area.

Football Field: Please instruct your athletes to stay off the football field. Use the south side straight-away for your warm-ups when appropriate. Athletes need to use the gates to enter track area. **DO NOT JUMP THE FENCE!**

Field Events: Limit four (4) participants per school. Varsity (4) attempts- all finals, 3 for JV

Shot Put- located far east end of stadium

Discus- located just east of north bleachers

High Jump- located next to east end zone

\*starting height: Boys 5'2", Girls 4'2"

Long Jump- located in southeast corner of stadium

\*enter behind south-side (visitor) bleachers

Clerk of Course: will be located at the east end of the north straight away. Individual and anchor runners will be given a sticker with a number of their assigned lane. **Sticker must be placed directly on their left hip!!**

Order of events:

**Field Events**

Girls High Jump

Boys Discus

Girls Shot

Boys Long Jump

Girls Long Jump

Boys Shot

Girls Discus

Boys High Jump

**Running Events**

800m sprint medley relay

3000/3200 meter run

4 X 800 meter relay

Shuttle hurdle relay

100 meter dash

1600m 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

Timing: We will be utilizing Finish Lynx Fully Automated Timing System.

Scoring: We will be placing 8 events: (or depending on number of teams entered)  
10-8-6-5-4-3-2-1

Awards: Medals will be awarded to the top 3 finishers in individual events and top 3 relay teams.

Results: Individual, relay and team results will be posted on the board next to the tunnel of the north bleachers. Final results will be posted online.

Entrance: Spectators and participants will enter through the main stadium entrance on the north side of the stadium.

### **IMPORTANT ENTRY INFORMATION!!**

Please enter your athletes at: [Spartan Early Bird 2019](#)

It should say – SPARTAN Coed Early Bird 2019 - You will go to that site and they will ask you for a login and password- make up your own, but remember it.

**You will need to enter the athletes AND declare by 12:00 pm (noon) Tuesday APRIL 2nd.** If you do not declare the athletes by this time, the athletes will not be entered when I download the list.

Coaches Meeting: There will be a coach's meeting at 4:15 just outside the press box. Please have all scratches made by this time. Substitutions made will not alter seeding or predetermined lane assignments.

Team Participating: Grundy Center, Aplington Parkersburg, Hudson, Colo-Nesco, Collins-Maxwell, Gladbrook-Reinbeck (Girls)