

2021 NICL East JH Conference Track Meet

Tuesday, May 11th, 2021

This Meet is a 4 Division Meet

7th Grade Girls Division

8th Grade Girls Division

7th Grade Boys Division

8th Grade Boys Division

Web Link: <https://www.vbmeets.com/31791>

When entering your team, please make sure that you are putting your grade behind your school name.

**Example – Denver 7th Grade: Abbreviation – DEN7*

Teams

A-P, BMAP, Denver, DNH, Hudson, Jesup, S-F, Union & WV

Entry Limitations

***Scoring Entries – 2 Individuals and 1 Relay (per division)**

***Extras – reminder that extra are non-scoring**

1) 100m Dash– 2 Extras Allowed (4 Total)

2) 200m Dash– 2 Extras Allowed (4 Total)

3) Shot Put, Discus, Long Jump– 2 Extras Allowed (4 Total)

4) 4x100 – 2 Extras Allowed (3 Total)

5) 4x200 – 1 Extra Allowed (2 Total)

**PLEASE ENTER ALL EXTRA EVENTS WITH
NO TIME (NT) AND NO DISTANCE (ND).**

General Questions – Nate Skaar (nskaar@denver.k12.ia.us)

Entry Questions – Sue Flory (sflory@denver.k12.ia.us)



2021 NICL East JH Conference Championship

Denver

Cyclone Athletic Complex

Tuesday, May 11th – 4:00pm

Online Entry Opens: May 6th, 2021

All entries will be submitted online. You may enter this meet by going directly to <https://www.vbmeets.com/31791> Make sure you print out a hard copy of entries for your records after you have declared. You will be able to make changes and updates through 10:00am on Tuesday, May 11th. If you have any questions, please call Nate Skaar at (319) 936-9002 or e-mail at nskaar@denver.k12.ia.us

Final Declarations: Declarations Closes: 10:00am on Tuesday, May 11th, Thank you!

You **must declare** your final roster by pushing the declare button at the bottom of your entry list. This may be done any time before the deadline. Do this only when you have made your final changes. TEAMS AND INDIVIDUALS THAT DO NOT DECLARE WILL BE DROPPED FROM THE MEET.

GENERAL INFORMATION:

1. Final scratches are due at **3:30 p.m.** in the press box.
2. Please use spikes no longer than 1/8.
3. **No Entry Fee**
4. Field Events – Girls 1st – 7th Shot Put and Long Jump first; 8th Discus and High Jump First
5. Running Events – Boys 1st through 4x200 – 7th Grade followed by 8th Grade.
 - a. Switch after the 4x200 - Boys Field Events (same as above) & Girls Running through the 4x200.
 - b. After the Girls 4x200, our order will be 7thG, 8thG, 7thB, 8thB.
6. Reminder: Adult supervision needs to be present at all field events during warm-ups.
7. Please remind your athletes to stay clear of the infield and finish line.
8. Location of camps: Please keep all camps outside of the track. **NO CAMPS ARE TO BE ON THE INFIELD.**
9. All runners in each event will report to the clerk on the infield – We will have 2 Clerks.
10. There will be a first call and second call for each event.
11. Starting blocks will be furnished.
12. A concession stand will be in operation at the track.
13. Awards and results may be picked up at the conclusion of the meet by the coach in the press box. The rules of the IGHS AU and the IHSAA will govern the meet.
14. Admission: **\$2.00 – Adults; \$2.00 – K-12 Students**
15. Scoring: Following the Track & Field manual we will score eight places. Relays: 10-8-6-5-4-3-2-1
Individuals: 10-8-6-5-4-3-2-1
16. Awards – Ribbons 1st-5th Place

Nate Skaar, Athletic Director
Denver Schools

2021 NICL East JH Conference Meet

Tuesday, May 11th, 2021 – 4:00pm

Field Events 4:00pm

High Jump – 8th Girls (**4'0"**), 7th Girls (**3'10"**), 8th Boys (**4'4"**), 7th Boys (**4'2"**)

Discus – 8th Girls, 7th Girls, 8th Boys, 7th Boys (**3 Attempts**)

Shot – 7th Girls, 8th Girls, 7th Boys, 8th Boys (**3 Attempts**)

Long Jump – 7th Girls, 8th Girls, 7th Boys, 8th Boys (**3 Attempts**)

Running Events 4:30pm (7th followed by 8th – after Girls 4x200, Order = 7G, 8G, 7B, 8B)

4x800 Relay – Boys

Shuttle Hurdle – Boys

100m Dash – Boys

Distance Medley – Boys

400m Dash – Boys

4x200 Relay – Boys

4x800 Relay – Girls

Shuttle Hurdle – Girls

100m Dash – Girls

Distance Medley – Girls

400m Dash – Girls

4x200 Relay – Girls

1500m Run – Girls

1600m Run – Boys

100m Hurdles – Girls, Boys

200m Dash – Girls, Boys

Sprint Medley – Girls, Boys

200m Hurdles – Girls, Boys

800m Run – Girls, Boys

4x100 Relay – Girls, Boys

4x400 Relay – Girls, Boys

Teams Participating: 9 Team Meet

Aplington-Parkersburg

BMAP

Denver

DNH

Hudson

Jesup

S-F

Union

Wapsie Valley