# WELCOME TO THE 2024 SPARTAN GIRLS INVITE 

## THURSDAY, APRIL 18 ${ }^{\text {th }}, 2024$

THIS WILL BE A VARSITY MEET WITH UNSCORED JUNIOR VARSITY HEATS

Please enter all JV Events (NT) or (ND) on Bound
Field Events: Limit (5) participants per school in the Long Jump, Shot \& Discus. Limit (4) participants per school in the High Jump. Only 2 from the same school will score. Varsity (4) attempts- all finals, (3) attempts for JV

Running Events: Limit (4) per school and only 2 can score. Limit (2) Relays per school and only 1 can score.
Extra JV Relays: 4x100, 4x200, \& Spr. Medley

# Spartan Girls Invitational <br> GRUNDY CENTER HIGH SCHOOL <br> Thursday, April $18^{\text {th }}-4: 30$ p.m. 

## Online Entry Opens: April 12 ${ }^{\text {th }}$ at 8:00 a.m.

All entries will be submitted online.
You may enter this meet by going directly to BOUND...Go To.......Meet Entries
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 10:00 a.m. on Thursday, April $\mathbf{1 8}^{\text {th }}$. If you have any questions, please call Matt Lindeman 641-373-2955. Or email mlindeman@spartanpride.net

Final Declarations: Closes: 10:00 a.m. Thursday, April 18 ${ }^{\text {th }}$.

## Thank you!

You must declare your final roster by pushing the declare button at the bottom of your entry list. This may be done anytime 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. Additional scratches/changes must be reported by $\mathbf{4 : 0 0} \mathbf{~ p . m . ~ i n ~ t h e ~ p r e s s ~ b o x . ~ Y o u ~ w i l l ~ b e ~ g i v e n ~ a ~ s h e e t ~ t o ~ m a k e ~ a n y ~ c h a n g e s . ~}$
2. Please use spikes no longer than $\mathbf{3 / 1 6}$.
3. Entry Fee -- $\mathbf{\$ 9 0 . 0 0}$ per school
4. Information packets should be picked up upon arrival at the track. Packets will be available at the press box.
5. Field events will start at $\mathbf{4 : 3 0} \mathbf{~ p . m . ~ C o n c r e t e ~ s u r f a c e s ~ f o r ~ s h o t ~ a n d ~ d i s c u s . ~ T r a c k ~ l i k e ~ s u r f a c e s ~ f o r ~ l o n g ~ j u m p ~ a n d ~ h i g h ~ j u m p . ~}$
6. Running events will begin at $\mathbf{5 : 0 0}$ p.m.
7. Practice baton exchanges on the south side of the track.
8. Please remind your athletes to stay clear of the infield and finish line. This is important with field conditions at this time.
a. Also, athletes must stay out of any staked off areas of the infield.
9. Location of camps: Please keep all camps outside of the track. NO CAMPS ARE TO BE ON THE INFIELD.
10. All runners in each event will report to the clerk at the northeast end of the track.
11. There will be a first call and second call for each event.
12. Starting blocks will be furnished.
13. Exchange zone tape will not be allowed on our track. We will provide tennis balls/marking strips cut in half to use. We will have a pail of these at each corner of the track for the athletes to use.
14. A concession stand will be in operation at the track (west end of the football complex).
15. Awards and results may be picked up at the conclusion of the meet by the coach in the press box. The rules of the IGHSAU and the IHSAA will govern the meet.
16. Cashless: Bound Ticketing or Credit/Debit Card at Gate. Admission: $\$ 5.00$ Adults and $\$ 5.00$ for Students.
17. Scoring: Following the Track \& Field manual we will score six places. Relays: 10-8-6-5-4-3-2-1

Individuals: 10-8-6-5-4-3-2-1
18. Medals $1^{\text {st }}-3^{\text {rd }}$, Individual Events $1^{\text {st }}-33^{\text {rd }}$ Relays.
19. Buses should park on the North Side of the High School on M Avenue or the East Parking Lot.

> Any Questions please contact:
> Matt Lindeman, Athletic Director mlindeman@spartanpride.net \# (641) 373-2955


## 2023 ORDER OF EVENTS WITH NO PRELIMINARIES

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: Girls 4'4"
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. Stickers must be placed directly on their left hip!!

Order of events:

## Field Events

Discus
Long Jump
Shot
High Jump

## Running Events

800 m sprint medley relay
3000 meter run
$4 \times 800$ meter relay
Shuttle hurdle relay
100 meter dash
1600 m distance medley relay
400 meter dash
$4 \times 200$ meter relay
100 meter hurdles
800 meter run
200 meter dash
400 meter hurdles
1500 meter run
$4 \times 100$ meter relay
4 X 400 meter relay

## Teams Participating:

AGWSR
BCLUW
COLO-NESCO
EAST MARSHALL
GMG
GRUNDY CENTER
HUDSON
JESUP
N. TAMA

WATERLOO CHRISTIAN

