

WELCOME TO THE 2024 SPARTAN GIRLS INVITE

THURSDAY, APRIL 18th, 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 *GRUNDY CENTER HIGH SCHOOL Thursday, April 18th – 4:30 p.m.*

Online Entry Opens: April 12th 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 18th. 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 18th.

Thank you!

You <u>must declare</u> 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 **4:00 p.m.** in the press box. You will be given a sheet to make any changes.
- 2. Please use spikes no longer than 3/16.
- 3. Entry Fee -- \$90.00 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 4:30 p.m. Concrete surfaces for shot and discus. Track like surfaces for long jump and high jump.
- 6. Running events will begin at **5:00 p.m.**
- 7. Practice baton exchanges on the south side of the track.
- 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 1st-3rd, Individual Events 1st-3rd 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

<u>Field Events</u>: 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

<u>Clerk of Course:</u> 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

800m sprint medley relay 3000 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 meter hurdles 800 meter run 200 meter dash 400 meter hurdles 1500 meter run 4 X 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