

2021 EAST MARSHALL TRACK AND FIELD MEET

201 N. Franklin St., LeGrand, Iowa 50142

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DATE: April 29, 2021
TO: A.D.'s & Track Coaches
FROM: Scott Wheater, East Marshall Activities Director and
Jodi Fuller, East Marshall Game Manager
RE: Boys' and Girls' Middle School Track Meet,
Tuesday, April 29, 2021 @ East Marshall
In LeGrand

The following information will be of interest to your coaches and athletes. Please feel free to call us at **641-479-2785** if you have any questions.

TEAMS ENTERED: 4 Boys Teams and 4 Girls Teams

A-P, BCLUW, East Marshall, Gladbrook Reinbeck

MEET DATE: Tuesday, April 29, 2021 @ 4:15 p.m.

ENTRY FEE: \$65 per team (\$130 for both B & G Team)

FIELD EVENTS: 4:15 p.m. (Girls First)

RUNNING EVENTS: 4:15 p.m. (Boys First)

(Both boys and girls shuttle hurdle teams will run at 4:15)

Boys will run through the 4x200 and then go to field events.

Girls will complete field events and then run through the 4x200.

Starting with the 1500/1600, the meet will run girls first followed by the boys' event.

ADMISSIONS: Students - \$2.00
Adults - \$3.00

LOCATION: East Marshall Track located on the west edge of LeGrand.

FACILITIES:

- Concession stands will be available outside.
- Restrooms are located at the south end of the track with yellow East Marshall on it.
- The track is an 8 lane all-weather surface; please utilize 1/8" spikes only.

PARKING:

- Bus parking and athlete drop off will be north of the football complex.
- Athletes will enter the track area through the north gate of track.
- Fan parking is available in the south and north lots of the football complex.

ENTRIES:

- Sign your entries in on <https://www.vbmeets.com/31390>
- Available to enter at 12:00 am April 20th
- Must be declared by Tuesday, April 29th by 10:00 am.
- **Field events-** You may enter 4 individuals in shot put, discus and long jump. Only 2 can score team points. Please register your 2 extra as a ND on vbmeets. Please only register two high jumpers.
- **Running events- We will run extra heats in the following:**
 - 100 M. Dash and 200 M. Dash- 4 participants. Only two will score. Enter 2 extra with a NT in vbmeets.
 - 800 M. and 1500/1600-One heat but you can enter 3 runners. 2 will score. Enter the 3rd with a NT in vbmeets.
 - 4x800 – 1 Heat. Enter 2 teams. Enter your extra with a NT in vbmeets.
 - 4x100 two heats, only one scoring. Enter your extra with a NT in vbmeets.
 - 4x200 two heats, only one scoring. Enter your extra with a NT in vbmeets.
- Athletes should come dressed and ready to participate.

TEAM CAMPS:

- Camps will be outside the track fence area. **NO team camps on the inside of the track!**

FIELD EVENTS:

- The shot and discus events will be held at the High School, which is located 1 block east of the track. Girls will compete in field events while the boys run up through the 4x200. Boys will then move to field events while the girls run up through the 4x200. Also, please bring your own legal shot and discus, but DO NOT BRING STARTING BLOCKS!
- The long jump will be on the northwest side of the complex.
- One pit will be used: The runway will be an all-weather surface.
- The high jump will be in the north end of Football field utilizing an all-weather approach. We will start at 4'4" for Boys and 3'10" for Girls.

LANE ASSIGNMENTS:

- Lane assignments will be given at check – lane assignments will be seeded.

SCORING:

- Individual 10-8-6-4-2-1
- Relays 10-8-6-4-2-1
- Only 2 Individuals and 1 Relay may score.

AWARDS:

- Medals to 1st, 2nd, 3rd in Individual & Relays Events

VALUABLES:

- East Marshall will not be responsible for missing items. Please appoint someone to look after valuables.

RESULTS:

- Results will be in <http://www.vbmeets>

Tuesday, April 29, 2021
East Marshall JH Track Meet

4:15 All Field Events (Girls first)

Discus (One Block East to our HS)

Shot Put (One Block East to our HS)

Long Jump

High Jump – Start at 4'4" for Boys. Start at 3'10" for Girls

4:15 Running Events (Boys first after shuttle hurdle relay)

Shuttle Hurdle Relay – Boys

Shuttle Hurdle Relay – Girls

Boys:

4x800 M. Relay

100 M. Dash

Distance Medley Relay

400 M. Dash

4x200 M. Relay

Girls:

4x800 M. Relay

100 M. Dash

Distance Medley Relay

400 M. Dash

4x200 M. Relay

Girls than Boys

1500 M. Run

1600 M. Run

100 M. Hurdles

200 M. Dash

Sprint Medley Relay

200 M. Hurdles

800 M. Run

4x100 M. Relay

4x400 M. Relay