



BCLUW Activities Department, P. O. Box 670, Conrad, IA 50621
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DATE: March 14, 2019
TO: A.D.'s & Girl Track Coaches
FROM: Lynn Silver, BCLUW Activities Director
RE: Girls' Comet Early Bird Track Meet, Monday, March 25th, 2019 @ 4:15 PM
in Conrad.

Welcome to BCLUW! Girls' Early Bird Track Meet. We are hoping the snow will disappear next week! The following information will be of interest to your coaches and athletes. Please feel free to call us at **641-366-2819 X3009** if you have any questions.

TEAMS ENTERED: 14 Girls Teams
AGWSR, BCLUW, Colo Nesco, Dike-New Hartford, East Marshall,
G-R, GMG, Grundy Center, Hudson,
North Tama, South Hardin, West Marshall, Waterloo Columbus

We plan to make this a meet where all of your athletes will get to participate. We will be having JV events (individual and relays). We do not expect to see a JV athlete competing at the Varsity level in the same event.

MEET DATE: Monday, March 25th, 2019 @ 4:15 p.m.

ENTRY FEE: \$80.00

MEETING FOR COACHES: 3:50 PM in the HS library

FIELD EVENTS: 4:15 p.m.

RUNNING EVENTS: 5:00 p.m.

LOCATION: BCLUW High School, located on the east edge of Conrad.

FACILITIES:

- Concession stands will be available outside.
- Restrooms are located in the school.
- **PLEASE DO NOT GO INTO THE SCHOOL WITH SPIKES ON!!!**
- The track is a 6 lane all-weather surface, please utilize 1/8" spikes only.

PARKING:

- Bus parking & drop off will be at far south end of school as regular route buses will use the horseshoe area for loading and unloading from 3:25 to 3:45 pm.
- Athletes will enter the track area through the south and west doors of the school.
- Fan parking is available in the south and northwest lots of the high school.

ENTRIES:

- <https://www.vbmeets.com/28917>
- Available to enter at 6:00 AM March 19th, must be declared by Monday, March 25th at 10:00 a.m. Due to the number of teams we would like to limit entries in the High Jump, Long Jump, 100m, 200m, and 400m to 4 total participants from each school. So in other words: 2 Varsity and 2 JV for the above mentioned events. Varsity may have 2 individual entries and 1 in relays. Schools may have up to 3 JV teams in relays. The shot and discus will have 2 varsity throwers each and all JV will be allotted unlimited throwers with only the athlete's farthest throw measured.
- Athletes should come dressed and ready to participate.
- **NOTE:** Kids who participate in both field and running events need to compete in their field event as quickly as possible.
- Place your fastest runner in the first heat. Please make sure to enter individuals/teams as JV or V.

TEAM CAMPS:

- **POOR WEATHER PLAN** (teams will be allowed to have camps in the gym - PLEASE STAY OFF OF THE MAIN COURT! NE Doors will be allowed for entry and exit and south doors will be locked) **GOOD WEATHER PLAN** (Camps will be in the end zones or in the east bleacher). **NO team camps on the football field or in the home side bleachers!**

FIELD EVENTS:

- The shot and discus events will be held at the Conrad Softball Complex, which is located 1 block north of the high school. If you have an athlete who is in a field event and in an early running event, make sure you have a means to communicate. Make sure that they report to the field event check-in person so they can compete in their first running event. Also, please bring your own legal shot and discus.
- The long jump will be on the east side of the track. One pit will be used with the possibility of a second. The runway will be an all-weather surface.
- The high jump will be in south end of Football field utilizing an all-weather approach.

LANE ASSIGNMENTS:

- All JV events will have lanes assigned randomly.
- Lane assignments will be given at check-in.
- JV will be after Varsity.

SCORING:

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

AWARDS: Medals will be given for places 1-3 in individual events and 1-2 in relays for Varsity only. You can pick up your medals after the track meet in the press box.

VALUABLES:

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

HOSPITALITY:

A meal will be furnished in the library prior to the track meet.

RESULTS: Results will be posted at <https://www.vbmeets.com/28917>

Monday, March 25th, 2019
Comet Early Bird Track Meet
Varsity events before JV

4:15 PM - All Field Events

High Jump
Discus
Shot Put
Shot Put Wheelchair
Long Jump

4:50 PM - Running Events

800M Sprint Medley
800 Meter Wheelchair
3000 Meter Run
4x800 Meter Relay
Shuttle Hurdle
100 Meter Dash
100 Meter Wheelchair
1600 M Distance Medley Relay
400 Meter Dash
400 Meter Wheelchair
4x200 Meter Relay
100 Meter Hurdles
800 Meter Run
200 Meter Dash
200 Meter Wheelchair
400 Meter Hurdles
1500 Meter Run
4x100 Meter Relay
4x400 Meter Relay

