

Junior High Belle Plaine Invitational

Thursday, April 18, 2024

Teams: Belle Plaine, BGM, English Valleys, HLV, Hudson, Iowa Valley, Meskwaki Settlement, Montezuma & North Tama.

Entries: Each team may enter one team per relay, and two participants for each individual event. Exceptions: Field events can be 3 participants and one extra individual in the 100m and 200m dashes. Each team may have 1 team in the 4X100 Fun Run. These extra entries will be non-scoring.

Online Entry Information

- Online entries open April 11th @ 10am
- You may enter this meet by going directly to: **Varsity Bound, then go to Meet Entries**
- Final Declarations will close **April 17th @ 6 pm.** 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. **If you fail to declare by the deadline listed, the technology coordinator will declare for you and build the meet at that time. If you have athletes not entered, you may request them to be added after the preliminary lane assignments have been made and sent out that evening. These athletes will be entered with no time.**
- Any substitutions need to be emailed to our tech coordinator, Paula Mengler @ pmengler1980@gmail.com, by 10:00 am on April 16th. Only scratches can OFFICIALLY be made after this time.
- Lane assignments will be emailed. Please bring your own copy to the event, as NO copies will be available at the event.

Awards: Relays 1st place medal & ribbons 2nd & 3rd, Individual 1st place medal & ribbons 2nd-5th; Team Trophy for each class winner

Scoring: 10-8-6-4-2-1

Results: Coaches will have to return to Varsity Bound to view results. Remember to pick up your packet with medals in the press box after the meet.

Spikes: ¼” pyramid spikes and please keep athletes out of the stands with their spikes on.

Surface: We have an eight-lane polyurethane all weather track that was resurfaced last summer. **Please no tape on the track.** Tennis balls are acceptable for marking.

Time Schedule: All events start at 4:15.

Admission: \$3 for adults, \$2 for students and children under five are free.

Camps: Team camps are to be set up outside the track. Infield is for pre and post event preparation. Coaches are reminded to remain outside of the infield during the meet.

Buses: We will park as many buses as possible in front of the school in the circle drive. All other buses may park in the south end of the SOUTH PARKING LOT in the gravel area.

Entry Fee: \$75 for boy team and \$75 for a girl team.

CLERK OF COURSE: The Clerk of course will be located in the equipment shed on the south side of the track, near our visitor bleachers.

We look forward to seeing you. If you have any questions, please contact April Kressley, Associate A.D. at 319-444-3720.

4:15 Shuttle Hurdle (Girls 1st & then Boys)

*****BOYS REPORT TO RUNNING EVENTS GIRLS REPORT TO FIELD EVENTS*****

<u>BOYS</u>	<u>GIRLS</u>
Shuttle Hurdle	Shuttle Hurdle
Running Events	Field Events-3 attempts
4X800m Relay	Shot Put
100m Dash-3 athlete entry limits	Discus
Distance Medley Relay	High Jump (opening 3'10')
400m Dash	Long Jump
4X200m Relay	Running Events
Field Events-3 attempts	4X800m Relay
Shot Put	100m Dash-3 athlete entry limits
Discus	Distance Medley Relay
High Jump (opening 4'2")	400m Dash
Long Jump	4X200m Relay

Girls & Boys Events

1500/1600 Meter Run (may run together)

100 Meter Hurdles

200 Meter Dash

Sprint Medley (800 Meter Medley)

200 Meter Hurdles

800 Meter Run

4 x 100 Meter Relay

4 x 400 Meter Relay