



BCLUW Activities Department, P. O. Box 670, Conrad, IA 50621
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Date: April 10, 2024
To: Activity Directors and Boys' Track Coaches
From: Lynn Silver, BCLUW Activities Director
Re: Les Penick Boys' Relays, Thursday, April 18, 2024 @ 4:30 p.m. in Conrad, IA

Welcome to the BCLUW Les Penick Relays! We have 13 teams entered this year and we hope that each of you has a great experience while you are here. If you have any questions, please feel free to contact us at **641-366-2819 X 3009** and ask for Lynn or Megan.

We plan to make this a meet where all of your athletes will get to participate. We will run a regular varsity meet as well with 3 entries in JV field events & 2 in other individual events. We will also run the six (6) relay events for the JV with an allowance of 1 JV team for each school.

TEAMS ENTERED: 12

A-P, BCLUW, Belmond Klemme, Collins Maxwell, Colo Nesco, East Marshall, GMG, GR, Hudson, North Tama, West Marshall & Valley Luthern

MEET DAY:

- Thursday, April 18, 2024
- Start Time: Field Events 4:30 p.m. Running Events- 4:50 pm or when field events are complete.

ENTRY FEE:

- \$100 - Checks should be made payable to BCLUW and sent to the address above.

ENTRIES:

- Sign-in your entries on Bound beginning 6:00 AM. April 11th.
- Due Date: All entries must be declared by 10:00 A.M. Thursday, April 18th,
- You may report any changes to ad@bcluw.org and in the High School Commons to Jason Freeseaman upon arrival by 4:15 pm.
- Please designate as Varsity or JV. Team will have to determine which participants to designate as varsity.
- All events will have seeded lane assignments.

LOCATION:

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

ADMISSION:

- Students & Adults: \$5.00

DROP-OFF/PARKING:

- **ATHLETES MAY BE DROPPED OFF ON THE SOUTH SIDE OF THE SCHOOL. ALL PARTICIPANTS MUST ENTER THE PASS GATE ON WILSON STREET.**
- Bus Parking will be in the South end of the South Parking Lot. Bus Parking will also be available in the North Parking Lot
- Fan parking will also be in the south and northwest parking lot. (Please remind your fans)

FACILITIES:

- Concession stand will be available outside.
- Restrooms are located on the east side of the school outside.
- **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

TEAM CAMPS:

- Please do not set up your team camps on the playing area of the football field or in the home side stands. Keep camps outside north end zone area or on the east side of track outside long jump areas.

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 shot or discus event, make sure you have a means to communicate. Also, please bring your own legal shot and discus.
- The long jump will be on the east side of the track. No finals with 4 jumps.
- The high jump will be on the south end of Football field utilizing an all weather approach.

LIMITATIONS:

- Limitation on entries will be regulated by the rules of the IHSAA.
- ***You will have the following Varsity limits:***
 - ***2 individual event participants***
 - ***1 relay events***
- ***You will have the following JV limits:***
 - ***JV Throwers will throw all throws once.***
 - ***3 field event participants***
 - ***2 individual event participants***
 - ***1 relay event. Updates for '23***

ORDER OF EVENTS: Times are approximate. Fast heats last.

- 4:15 p.m. All Scratches Due
- 4:30 p.m. Varsity field events. **JV field events will follow the varsity.**
- 4:50 p.m. Running events. ***Varsity will follow JV.**

SCORING:

- Individual events & Relay events 10 - 8 - 6- 5 - 4 -3- 2 - 1

AWARDS:

- There will be 25 medals given to the first place team.
- Medals to places 1- 3 in individual events & 1-2 in relay events.
- **SPECIAL AWARDS-There will be 4x 800 Relay Champ Dale DeVault Medals. There will also be Shuttle Hurdle Les Penick Hurdle Champion Medals, 110 Hurdles Les Penick Hurdle Champion Medal, 400 Hurdles Les Penick Hurdle Champion Medal awards at the conclusion of all hurdle events.**
- **No awards will be given for JV Events**

VALUABLES:

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

SCRATCHES:

Coaches' will check in the Media Center upon arriving for any scratches. A meeting prior to the beginning of the track meet will be held at the finish line.

HOSPITALITY:

Coaches will receive a ticket good for 1 food item and drink throughout the meet.

RESULTS: Results will be posted on **Varsity Bound**



Thursday, April 18, 2024

Les Penick Relays Track Meet

TEAMS ENTERED: A-P, BCLUW, Belmont Klemme, Collins Maxwell, Colo Nesco, East Marshall, GMG, GR, Hudson, North Tama, WM, Valley Lutheran

4:30 p.m. All Field Events (Varsity Prior to JV)

High Jump (South side of track)
Discus/Shot Put/Shot Put Wheelchair (SB Complex-1 block north)
Long Jump (East Side of Track)

4:50 p.m. Running Events (JV prior to Varsity)

800 Sprint Medley
800 M Wheelchair
3200m Run(JV & Varsity at the same time)
4 X 800m Dale DeVault Relay* (JV & Varsity at the same time)
JV Shuttle Hurdle Relay*
Shuttle Hurdle Relay*
100m Dash
100 M Wheelchair
JV 1600m Medley Relay*
1600m Medley Relay*
400m Dash
400 M Wheelchair
JV 4 X 200m Relay*
4 X 200m Relay*
110m Hurdles
800m Run
200m Dash
200 M Wheelchair
400m Hurdles
1600M run(JV & Varsity at the same time)
JV 4 X 100m Relay*
4 X 100m Relay*
4 x 100m Relay (Weight Man)
JV 4 X 400m Relay*
4 X 400m Relay*

Update 3-21-24