

South Hardin GIRLS' INVITATIONAL

March 27, 2019

Dear Athletic Director and Coach:

Welcome to the 2019 Girls' Invite on our all-weather track.

Enclosed you will find the information for our 2019 Girls' Invitational. The meet will begin at 4:30 p.m.

ENTRY FEE: The entry fee will be \$75 per team.

TEAMS INVITED: South Hardin, GMG, BCLUW, Grundy Center, AGWSR, Iowa Falls-Alden, West Marshall, Aplington-Parkersburg, Denver, Hudson

SCORING: Relays - 10-8-6-5-4-3-2-1 Individual - 10-8-6-5-4-3-2-1

AWARDS: Medals: 1-2-3-4 - Individual; 1-2-3-4 - Relays;
Team Champion Plaque

TIME SCHEDULE: Field events - 4:30 -- four tries in shot put, discus, and long jump. Running events - 5:15 – 800 M. Sprint Medley We will not run preliminaries. We will use the standard order of events as set up by the I.G.H.S.A.U. Two competitors in each individual event, one relay team per event. We have added some JV events that are not scored or receive awards: JV 100 and 200: 2 participants and JV 4x100 and 4x200 2 relay team each.

EQUIPMENT: PLEASE PAY CLOSE ATTENTION TO THE ENCLOSED FACILITY RULES.

ORDER OF EVENTS: We will use the District Order of Events. See enclosed sheet.

ADMISSION: \$5.00-adults \$5.00-students

Your starter is Randy Thoren.

When you arrive at the track we will have a packet of information available for you in the press box. Our track is located just behind or south of the Eldora McFarland Clinic on the west edge of Eldora. Park between the baseball diamond and track, make sure you stay off the grass it could be wet at this time of the year.

FACILITY INFORMATION:

- 1/8" spikes ONLY. Spikes will be checked.
- NO warm-ups in Lane 1 & 2.
- Use gates. No jumping fences.
- The shot and disc areas are concrete.
- The long jump and high jump are all-weather.

ENTRY INFORMATION:

We will be using Varsity Bound Meets to do all our entries online. You can enter your entries online starting March 28th at 9am. All entries need to be declared by **10:00am** on April 5th. With this deadline I will expect almost no changes. Varsity is limited to 2 individuals per event and 1 relay per relay event. JV 100, 200, 4x1 and 4x2 is limited to 2 individuals per event and 1 relay per relay event. When making your entries, if you have an individual or relay that is running in an event they do not have a time for, simply give them a NT for their time. Scratches and Substitutions can be made at the meet into the assigned lane. No lane or heat changes will be made. ***However, we expect changes to be minimal! You have until 10:00am the day of the meet to declare.*** Coaches please report to the press box to make necessary changes ***prior to 4:00 pm.*** Please use the following link to make your entries:

<https://www.vbmeets.com/29295>

We will look forward to seeing you in Eldora on the April 5th.

Matt Thompson
SH Athletic Director
641-939-3421 ext 1405

Mike Olson
SH Girls' Track Coach
641-939-3421

SOUTH HARDIN/US GIRLS' INVITATIONAL

ORDER OF EVENTS

4:30 Field Events

5:15 800 Meter Sprint Medley Relay
3000 Meter Run
4x800 Meter Relay
Shuttle Hurdle Relay
100 Meter Dash
JV 100 Meter Dash
Distance Medley Relay
400 Meter Dash
4x200 Meter Relay
JV 4x200 Meter Relay
100 Meter Hurdles
800 Meter Run
200 Meter Dash
JV 200 Meter Dash
400 Meter Hurdles
1500 Meter Run
4x100 Meter Relay
JV 4x100 Meter Relay
4x400 Meter Relay