

West Delaware Boys Track Early Bird Meet

Tuesday, March 26, 2019

[West Delaware Track behind West Delaware Middle School
Beckman Complex (Baseball Complex) Parking Lot – 901 E. Acers Street]

TO	Athletic Directors and Boys Track Coaches at: Central Elkader Maquoketa Valley	Hudson Oelwein	Independence West Delaware	Lisbon
FROM	Matt Weis, West Delaware Assistant Principal & Activities Director Doug Winkowitsch, Head Boys Track Coach			
SURFACE	Please use spikes no greater than 1/8 inch (pyramid or needle) in all running or jumping events. The Shot-Put and Discus rings are concrete.			
AWARDS	Medals will be awarded as follows: 1 st thru 3 rd for Individual Events 1 st thru 3 rd for Relays 1 st for Weight Man 4 x 100			
ENTRIES	May enter 4 Individuals in Individual Running Events May enter 2 Relay Teams May enter 4 Individuals in Shot-Put, Discus and Long Jump May enter 2 Individuals in the High Jump Weight Man 4 x100 participants should have been entered in either the Shot-Put or Discus			

ON-LINE ENTRY INFORMATION

Online entries open Tuesday, March 19 at 7:00 AM

You may enter this meet by going directly to <http://www.vbmeets.com/29081>

Online entries close Tuesday, March 26 at Noon

Scratches

Scratches only at the time of the Meet.

If you have any questions, please call Matt Weis at (563) 357-9927
or Doug Winkowitsch at (563) 920-5535.

SCORING	All events	10-8-6-4-2-1
TIME	Coaches Meeting	4:15 PM, Press Box
	National Anthem	4:25 PM
	Field Events	4:30 PM
	Running Events	4:45 PM
ENTRY FEE	\$ 70.00	
ADMISSION	\$ 5.00 for Everyone, Kindergarten through Adult	
TEAMS	You may set up Team Camps in the infield, but please not in the bleachers. No tents on the infield. <u>Please stay away from the Soccer Goals.</u>	
CONCESSIONS	Will be available throughout Meet.	
PARKING	Please park buses at the baseball complex which is located east of the Track.	

Tentative Time Schedule

4:15 Coaches Meeting, Press Box

4:25 National Anthem

4:30 **All Field Events Start (No Prelims/All Finals)**

Shot-Put	4 throws – No Finals
Shot-Put Wheelchair	4 throws – No Finals
Discus	4 throws – No Finals
Long Jump	4 jumps – No Finals
High Jump	One Flight – Starting Height 5'2"

4:45 **Running Events**

800 Meter Sprint Medley Relay
3200 Meter Run
4 X 800 Meter Relay
Shuttle Hurdle Relay
100 Meter Dash
100 Meter Wheelchair
1600 Meter Distance Medley Relay
400 Meter Dash
400 Meter Wheelchair
4 x 200 Meter Relay
110 Meter High Hurdles
800 Meter Run
200 Meter Dash
200 Meter Wheelchair
400 Meter Low Hurdles
1600 Meter Run
4 x 100 Meter Relay
4 x 400 Meter Relay