

# 25<sup>th</sup> ANNUAL IOWA STATE GIRL'S HIGH SCHOOL CLASSIC

Monday, March 12, 2018

(Last Updated: 8/7/2017)

We invite you to be a part of the 25<sup>th</sup> Annual Iowa State High School Classic. The meet will be held on one of the finest indoor track & field facilities in the world, Iowa State's Lied Recreation/Athletic Facility. The Classic is one of the premier indoor high school meets in the nation. Past year's meets have produced several all-time Iowa records and we expect more of the same this year. The meet does not count against your total number of meets and is open to all classes of schools in Iowa. This gives everyone the opportunity to compete against all athletes in the state.

- **ENTRIES OPEN: Tuesday, February 27<sup>th</sup>.** All entries will be submitted online. You may enter by going directly to <http://www.aspimeetz.com/26386>
- **DECLARATIONS DEADLINE:** Final declarations are **6:00pm on Tuesday, March 6<sup>th</sup>**. You will be able to make changes and updates up until this time. After you have made your final changes, submit them by hitting the "declare" button at the bottom of your entry page. **You must declare on the web site or your entries will not be submitted and your team scratched.**
- **ENTRY LIMITS & SEEDINGS:** You may enter one (1) team in each relay and two (2) entries in all other events. Use outdoor event performances for entries. Anyone entered with no time or distance will be seeded into the slowest heat or flight – enter NM for the person if you want them entered without a mark.
- **60 METER DASH & HURDLE ENTRIES:** There will be no prelims for the 60 meters and the hurdles. Those events are being run as timed finals. To help us seed the event, **please enter 100 meter outdoor times and 100 meter hurdle times** as they are more common for high school athletes to have run before.
- **SCRATCHES:** If you have a change in plans and will not be able to attend, please scratch your team. You can make scratches on the web site until 6:00pm on Tuesday, March 6<sup>th</sup> prior to the meet. If you have a problem or question please email Kyle Wagner at [wagnerk@iastate.edu](mailto:wagnerk@iastate.edu).
- **ENTRY FEE:** \$10 per athlete and \$15 per relay, with a maximum of \$125 per team. **Please submit payment electronically on ASPI Meets once entries are declared. If unable to pay electronically please mail check prior to Tuesday, March 6th. Payment will also be accepted at packet pick-up, but advanced payment is preferred.** Mail checks to: Iowa State Track & Field; Iowa State University; Jacobson Athletic Bldg.; Ames, IA 50011. Please make checks payable to 'Iowa State Track & Field'
- **HEATS** will be seeded by times with the fastest heats being first in **all** events. Heats and Flights will be posted on the Internet at [cyclones.com](http://cyclones.com) under 'Track & Field Home Meet Information.'
- **RESULTS** for all performances will be posted at the track as the meet progresses. A full set of results will be posted at <http://www.aspimeetz.com>.
- **SPIKES:** No needle or Christmas tree spikes will be allowed. **Only pyramid spikes that are 1/4 inch or less will be allowed.** The only exception will be for high jump spikes that have a recessed spike plate where 3/8 inch pyramid spikes will be allowed (so that 1/4 inch is exposed). Spike size will be strictly enforced. Athletes not complying will not be allowed to compete. Athletes should allow ample time to check their spikes. **Meet management recommends that athletes check their spikes as soon as they arrive at the facility.**
- **TRAINERS:** Taping **will not** be available to any athlete during the meet. Ice bags will be available near the finish line area as well as the main training room at the south end of the Lied Recreation Athletic Facility.

## Rolling Time Schedule (Estimated Start Times)

|        |                  |        |                               |
|--------|------------------|--------|-------------------------------|
| 3:00pm | Long Jump        | 4:45pm | 4 x 800 Meter Relay           |
| 3:00pm | High Jump        | 5:15pm | Sprint Medley Relay (1-1-2-4) |
| 3:00pm | Shot Put         | 5:45pm | 800 Meter Run                 |
| 3:00pm | 60 Meter Hurdles | 6:20pm | 1,500 Meter Run               |
| 3:35pm | 60 Meter Dash    | 7:00pm | 4 x 400 Meter Relay           |
| 4:05pm | 3,000 Meter Run  |        |                               |