

DALLAS CENTER-GRIMES ATHLETICS

33521-240th Street
Grimes, Iowa 50111
515-986-9747

March 19, 2018

Dear Coach/Athletic Director,

Welcome to the Dallas Center-Grimes 7th Grade Dual to be held on Thursday April 5, 2018 at the Dallas Center-Grimes High School. The meet will be held at our high school track located north of the DCG High School one mile west of Grimes on Highway 44.

Field Events will begin at 4:30 pm and running events at 5:00 pm.

BUSES MAY PARK IN THE LANE TO THE SOUTH OF THE TRACK FACING WEST. NO BUS PARKING IN THE BUS SLOTS NORTH OF THE HS NEAR THE GREENHOUSE.

No camps on the infield please. There is plenty of area for camps on the east for south sides of the track. Please keep your camps away from the field event areas. We also ask that you clean your area following the meet.

THIS WILL BE A COED MEET. GIRLS RACES WILL RUN FIRST. We will try to allow as much participation as possible for the meet. Please see the attached sheets for number of entries per each event.

We will be using FINISHLYNX FULLY AUTOMATIC TIMING. See the attached sheet for specific entry information.

FACILITIES

We have an 8 lane all weather track. 3/16" pyramid spikes or smaller should be used. NO NEEDLE SPIKES. **NO TAPE on the track or runways.** We will supply items for relay markings. The shot and discus are concrete surfaces while the long jump and high jump are all weather surfaces.

TEAMS PARTICIPATING:

DCG, Urbandale.

ADMISSION

Adults:	\$3.00
Students:	\$2.00

The DCG Booster Club will have concessions available.

If you have any questions, please feel free to contact Steve Watson at 986-9747 or 975-3481.

Respectfully,

Steve Watson
Activities Director

DCG 7TH GRADE DUAL

ALL ENTRIES WILL BE DONE ONLINE PRIOR TO THE MEET. NO EXCEPTIONS. Online entries will be open on April 1, 2018 and will close at 11:00 am on Thursday April 5. This will allow for coaches to make switches.. Last minute changes after 11:00 am should be called in to Steve Watson meet director. swatson@dc-grimes.k12.ia.us or 515-975-3481. SCRATCHES ONLY IN THE PRESS BOX BEFORE THE MEET.

To enter your athletes go to <http://www.aspimeetz.com/26692> If you are a first time user you will need to register. Enter your athletes and relay teams. Be sure to enter times for individual events. Times in relay events would be optional. Make sure you have your athletes in the proper event and division. When you have your entries complete you must Declare your entries. If you do not Declare your entries they will not download into the system. Once you declare your entries you will not be able to change them.

***** The entries listed below are the entries per division**

All Events will be GIRLS FOLLOWED BY BOYS

4:30 pm	Field Events: SIX ENTRIES
5:00 pm	4 x 800 Relay – Unlimited Entries
	10 Flight Shuttle Hurdle Relay-THREE ENTRIES
	100 Meter Dash- 12 ENTRIES
	Distance Medley Relay-THREE ENTRIES
	400 Meter Dash-8 ENTRIES
	4 x 200 Relay-4 ENTRIES
	1500 Meter-UNLIMITED
	100 Meter Hurdles-8 ENTRIES
	200 Meter Dash-8 ENTRIES
	Sprint Medley Relay-4 ENTRIES
	200 Meter Hurdles-8 ENTRIES
	800 Meter Run-UNLIMITED
	4 x 100 Relay-UNLIMITED
	4 x 400 Relay-4 ENTRIES

