



Ankeny High School Hawk and Hawkette Athletics

Member of the CIML Conference



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Ankeny Hawkette Invitational Track Meet Thursday, April 5th, 2018 4:30

Participants: Ankeny, Ankeny Centennial, Indianola, Johnston, Southeast Polk, Urbandale, and Valley

Entry Fee: Your entry fee, in the amount of \$110.00, should be mailed to the Ankeny Activities Department, Ankeny High School, 1155 SW Cherry Street, Ankeny, Iowa, 50023, upon receipt of this letter.

Entries:

- *The participation limitation rule of the IGSAU will be followed.
- *Enter two athletes in each varsity and Junior Varsity individual event including field events. Ankeny only unlimited in the Shot Put, Long Jump, and Discus.
- *Enter one varsity and one junior varsity relay team in each relay event with these exceptions: you may enter a second 4x100, 4x800, and 4x400 in the JV section. First to finish will place.
- *The 1500JV and 3000JV are unlimited entry. The first two to finish will be scored in JV.
- *The Varsity 3000 and JV 3000 will be run in separate sections with the JV to be run first. The 4x800 varsity and reserve could be run together also if entry numbers allow. If either race is combined, it will be scored separately. This decision will be based on entries. Please advise your athletes. A decision will be made by 4:00 p.m. meet day.
- *There will be four (4) attempts in the shot, discus and long jump in both the varsity and junior varsity classes. All four attempts are finals.

Entries can be made by using the following link beginning Thursday, March 29th:
<https://www.aspimeetz.com/27310>

Coaches should review this site early to make sure they have access to the meet information. The site also contains meet entry information.

On-line entries are due on **Thursday, April 5th, by 11am.** Please take advantage of this late closing time to update your entries and avoid entry changes at the meet site. If changes are necessary, they must be reported by 4:00 p.m. on meet day. Please also supply us with a coaches' cell phone number should we have to contact them concerning an entry.

Scoring: Scoring for the meet will be as follows:
Individual: 10-8-6-4-2-1
Relays: 10-8-6-4-2-1

Awards: There will be a team trophy awarded to the championship varsity team. There will be medals for first through sixth place in varsity relays and individual events. Junior varsity will receive ribbons first through sixth.

Shot and Discus: Due to construction at Northview the shot put and discus events will take place at Ankeny High School (1155 SW Cherry St.) Please have your throwers consider bringing a school van. We will provide a shuttle from the Northview main gate at 3:30pm and back to Northview at 5pm, 5:30pm, 6pm, and 6:30pm. We apologize for the inconvenience.

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HAWKETTE RELAYS

April 5th - 4:30 pm

Ankeny, Ankeny Centennial, Indianola, Johnston, Southeast Polk, Urbandale, and Valley

Field Events -- All Finals – 4:30

High Jump Starting at 4'2" (JV/Varsity)

Shot Put - (Varsity/JV)

Discus - (JV/Varsity)

Long Jump - (Varsity/JV)

Order of Running Events – 4:30

*Sprint Medley Relay

3000 Meter Run

4 x 800 Relay

Shuttle Hurdle Relay

100 Meter Dash

Wheelchair 100

Distance Medley Relay

400 Meter Dash

Wheelchair 400

4 x 200 Meter Relay

100 Meter Hurdles

800 Meter Run

200 Meter Dash

Wheelchair 200

ANKENY AND ANKENY CENTENNIAL SENIOR RECOGNITION PROGRAM

400 Meter Hurdles

1500 Meter Run

4 x 100 Meter Relay

*Scott Osborn 4 x 400 Meter Relay

*Varsity will run first in ALL running events except the 4 x 400 meter relay and the Sprint Medley so that we can test our system during a JV event rather than the Varsity Sprint Medley.

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ANKENY HAWKETTE RELAYS RECORDS

(Updated on March 19th, 2018)

Shot Put	Margo Shandri	42' 07"	Urbandale	2010
Discus	Katie Bartlett	137' 8"	Roosevelt	2005
High Jump	Kathy Peterson Sandra Biere Amy Engle	5' 4"	Indianola Roosevelt Newton	1979
Long Jump	Karlin Hayes	18' 11.25"	Ankeny	1981
Sprint Medley Relay		1:48.67	North	1984
3000 Meter Run	Christa Holmes	10:08.30	Valley	1986
4 x 800 Relay	Emily Seibel, Melissa Shepherd, Tori Brown, Lydian Saggau	9:40.12	Valley	2013
Shuttle Hurdle (33 in hurdles)	Kyla Miles, McKenna Zimmerman Maddie Kirchner, Szenita Bahtic	1:07.53	Urbandale	2009
Distance Medley Relay		4:14.64	Dowling Catholic	2010
100 Meter Dash	Christi Hogan	12.20	Ankeny	1995
400 Meter Dash	Liz Messerly	56.12	North	1986
4 x 200 Meter Relay		1:44.58	Ankeny	1997
100 Meter Hurdles (33 in hurdles)	Maddie Kirchner	15.34	Urbandale	2010
800 Meter Run	Katie Flood	2:17.15	Dowling Catholic	2010
200 Meter Dash	Tashika Lewis	25.10	North	1993
400 Meter Hurdles	Karlin Hayes	1:03.03	Ankeny	1981
1500 Meter Run	Christa Holmes	4:42.35	Valley	1989
4 x 100 Relay		49.27	Ankeny	1997
4 x 400 Relay		4:03.58	Ankeny	1979
Shuttle Hurdle		1:03.40	Newton	1986
100 Meter Hurdles (30 inch hurdles)	Lolo Jones	13.73	Roosevelt	1998

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