

3/2/2018

**INDIANOLA 7TH & 8TH GRADE BOYS
TRACK INVITATIONAL**

Monday, April 2, 2018
Indianola Stadium - Indianola Middle School
4:15 p.m.

- TIME:** Field Events - 4:15 PM Running Events - 5:00 PM
- TEAMS ENTERED:** 7th Grade Teams: Indianola (Purple), Indianola (Gold), Marshalltown
SE Polk (2), Urbandale (2)
8th Grade Teams: Indian Hills, Indianola (Purple), Indianola (Gold), Johnston
SE Polk, Urbandale, Waukee Prairieview, Waukee Timberline
- ENTRY FEE:** \$50.00 per team entered
- AWARDS:** Individual Events: Top (6) place winners
Relay Events: Top (3) place winners
- SCORING:** Non-Scoring Meet
- TEAM CAMPS:** **No team camps will be allowed at the finish line end of the stadium. Finish line bleachers are for coaches/adults ONLY. Teams are instructed to sit in the west bleachers. Your cooperation is appreciated.**
- MEET HQ'S:** Coaches should report to the pressbox immediately upon arrival to double check entries for your athletes. Athletes will check in at the shed on the North end of the track.
- FIELD EVENTS:** Discus and Shot Put are located south of stadium. Long Jump and High Jump are located at track.
Long Jump - 3 attempts
Shot Put & Discus - 3 attempts
High Jump - starting height 4'2" move 2 inches until 5'0" then 1 inch
- ONLINE ENTRIES:** <http://www.aspimeetz.com/26947>
entries start: 03/26/2018 - 12:00 AM
entries end: 04/2/2018 - 11:00 AM

YOU MUST DECLARE YOUR TEAM BY 11:00AM ON APRIL 2!

- ORDER OF EVENTS:** 7th grade followed by 8th grade for all events...first heat, fast heat.
- RESULTS:** Result packets with awards will be ready immediately after the meet.
- QUESTIONS:** Lee Nelson, Indianola A.D. 641-390-1238

ORDER OF FIELD EVENTS - 4:15

Shot Put:	7th followed by 8th	- (4 entries each grade)
Discus:	8th followed by 7th	- (4 entries each grade)
Long Jump:	7th & 8th (together)	- (3 entries each grade)
High Jump:	7th & 8th (together)	- (3 entries each grade)

ORDER OF RUNNING EVENTS – 5:00

4 X 800 Relay	7 – 8 (2 teams each grade)
Shuttle Hd Relay	7 – 8
100 Meter Dash	7 – 8 (4 entries each grade)
1600/Distance Medley Relay	7 – 8
400 Meter Dash	7 – 8 (2 entries each grade)
4 X 200 Relay	7 – 8 (2 teams each grade)
1500/1600 Meter Run	7 – 8 (3 entries per grade)
10 Flight Hurdles	7 – 8 (2 entries each grade)
200 Meter Dash	7 – 8 (4 entries each grade)
800/Sprint Meter Medley	7 – 8 (2 teams each grade)
200 Hurdles	7 – 8 (2 entries each grade)
800 Meter Run	7 – 8 (3 entries each grade)
4 X 100 Relay	7 – 8 (2 teams each grade)
4 X 400 Relay	7 – 8

FIRST HEAT - FAST HEAT

Awards: Individual Events – Top 6 Places
Relay Events – Top 3 Places