

URBANDALE HIGH SCHOOL ATHLETICS

2022 Girls Central Conference Track Meet

Date: May 4, 2022

Time: 4:00pm Coaches Meeting - Infield
4:30pm Field Events
4:30pm Running Events

Teams: Dowling Catholic Urbandale
Johnston Waukee
Southeast Polk West Des Moines, Valley

Site: Urbandale High School – Frerichs' Field

Directions: Urbandale High School – 7111 Aurora Avenue

From the East: Take I-80 to the Merle Hay Road Exit (131) and proceed south on Merle Hay Road. Take a right, turning west on Aurora Avenue. Travel to the intersection of 70th and Aurora Avenue. Urbandale High School will be on your right. The gyms and football field rest on the east side of the school; the softball field in Lions Park, directly south of the school, the pool directly west of the school on Aurora Avenue; the baseball field directly north of the school.

From the West: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Aurora Avenue (2nd stoplight). Take a left turning east on Aurora Avenue. Proceed east on Aurora Avenue past the Middle School. Urbandale High School will be on your left. The gyms and football field rest on the east side of the school; the softball field in Lions Park, directly south of the school, the pool directly west of the school on Aurora Avenue; the baseball field directly north of the school.

Field Events: The Shot Put and Discus area is located at Urbandale Middle School, located 5 blocks west of the high school. A shuttle service will be provided to and from the middle school and will run approximately every 10 minutes to and from the high school and middle school. Please see back of program for map and directions.

Bus Parking: Parking is limited on the campus of Urbandale High School. Bus parking is available near the stadium at the Northwest corner of the stadium complex. Please obey all posted fire lanes and only park in authorized, marked parking stalls. There is ample parking around Lions Park.

Team Camps: **Team Camps may not be set up on the infield. ALL TEAM CAMPS MUST BE IN THE EAST BLEACHERS AT THE STADIUM. TENTS ARE NOT ALLOWED ANYWHERE INSIDE OF FRERICHS FIELD. Only meet workers and participants competing or preparing to compete will be allowed inside the gate area of the track. COACHES will not be allowed on the INFIELD.**

Admission: \$5.00 per individual, **MUST** be purchased at www.j-hawks.com/tickets.

Wireless Internet There is intermittent wi-fi coverage at the stadium.
Network: UCSD Guest Wifi
Password: jhawk2122

Scoring: Team Score will be compiled for this meet.
Individual Events: 10-8-6-4-2-1
Relays: 10-8-6-4-2-1

Entries: All teams **MUST** enter their event entries on Bound. The deadline to **DECLARE** your entries is 11:00 AM on the day of the event. Changes to Individual events must be **E-MAILED** to andrew.olson@j-hawks.com **BEFORE** 2:00 PM. **CHANGES to Relays (and SCRATCHES in Individual events) must be E-MAILED to andrew.olson@j-hawks.com by 3:30 PM.**

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Entry Specifications:	Student-athletes may participate in no more than 4 events. See the attached program for entry limits per running event. Field event entries are as follows: Varsity – 2; Junior Varsity – 6
Lane Assignments:	Lane assignments will be handled on a timed basis. See Program for attempt details. Running Events: Slow heat runs 1st, followed by fast heat Relays: Varsity teams will be seeded, JV will be assigned the same lanes for those events when possible. Shot Put / Discus: One Varsity flight followed by two JV flights High Jump: Varsity and Junior Varsity will compete together Long Jump: Varsity followed by Junior Varsity. * Meet Management will make the final determination about flights once all participants have been declared. Please adhere to the entry deadlines listed above.
Liquids Provided:	Urbandale High School will NOT provide liquids to individuals during our Home Track Meets. However, we will continue to provide a spot to fill coolers or water bottles for team use at any time at our stadium. We would ask that you bring your own ice and your own receptacle(s).
Spikes:	¼" Spikes or shorter on the Track and Long Jump.
Results:	In addition to a packet for each school, results will be posted at www.j-hawks.com within 12 hours of the conclusion of the meet.
Questions:	Contact: Bill Watson at william.watson@j-hawks.com or (515) 457-6994 Andrew Olson at andrew.olson@j-hawks.com or (515) 457-6945

2022 CENTRAL CONFERENCE TRACK MEET

WEDNESDAY MAY 4, 2022

Participating Schools

Dowling Catholic
Johnston
Southeast Polk

Urbandale
Waukee
West Des Moines, Valley

4:30pm FIELD EVENTS

- DISCUS (2 Var then 6 JV)
- SHOT PUT (6 JV then 2 Var)
- HIGH JUMP (6 JV and 2 Var combined)
- LONG JUMP (2 Var then 6 JV)

4:30pm RUNNING EVENTS

Order of events: Varsity then Junior Varsity

4:30pm Sprint Medley Relay (1 Var, 2 JV)
 3000 Meter Run (2 Var, 6 JV)
 4x800 Meter Relay (1 Var, 3 JV)
 Shuttle Hurdle relay (1 Var, 2 JV)
 100 Meter Dash (2 Var, 5 JV)
 1600 Meter Medley Relay (1 Var, 2 JV)
 400 Meter Dash (2 Var, 5 JV)
 4x200 Meter Relay (1 Var, 2 JV)
 100 Meter Hurdles (2 Var, 5 JV)
 800 Meter Run (2 Var, 5 JV)
 200 Meter Dash (2 Var, 5 JV)
 400 Meter Hurdles (2 Var, 5 JV)
 1500 Meter Run (2 Var, 6 JV)
 4x100 Meter Relay (4 JV, 1 Var)
 4x400 Meter Relay (JV then Varsity – reverse order) (2 JV, 1 Var)



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FIELD EVENT INFORMATION

Discus	(Varsity then Junior Varsity)
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Varsity	Preliminary Round 3 Attempts – 1 entry per attempt Finals Round (top 8 advance) 3 attempts – 1 entry per attempt
Junior Varsity	3 attempts / No Final

Shot Put	(Junior Varsity then Varsity)
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Varsity	Preliminary Round 3 Attempts – 1 entry per attempt Finals Round (top 8 advance) 3 attempts – 1 entry per attempt
Junior Varsity	3 attempts / No Final

High Jump

Starting Height of 4'4"
Junior Varsity and Varsity will jump together

Long Jump	(Varsity then Junior Varsity)
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Varsity	Preliminary Round 3 Attempts – 1 entry per attempt Finals Round (top 8 advance) 3 attempts – 1 entry per attempt
Junior Varsity	3 attempts / No Final

Long Jump, Jump Location Guide

Blue Line / Farthest from Pit JV & Var Girls