

2023 CIML CONFERENCE CHAMPIONSHIP

JV/VARSITY GIRLS TRACK & FIELD MEET

May 4, 2023

The 2023 CIML Conference Meet will be held THURSDAY, MAY 4th at Northwest Stadium. Field events will begin at 3:00 PM and running events will begin at 3:30 PM

COACHES MEETING:

There will be a mandatory head coaches meeting at 2:30 p.m. in the conference room of the Northwest Stadium building located at the north end of the track.

FACILITIES:

1. The Northwest track is an all-weather surface. 3/16" spikes or less can be used on this surface. NO spikes longer than 3/16" will be allowed. Long jump and high jump are all-weather surfaces. Shot put and discus are cement.
2. TEAMS PLEASE STAY OFF THE SYNTHETIC TURF FIELD! NO TENTS PITCHED, ETC. THE TURF CAN BE USED FOR WARM-UP ONLY! TEAMS SHOULD CAMP IN THE EAST SIDE BLEACHERS. PLEASE NO TEAM CAMPS IN THE WESTSIDE BLEACHERS.

ENTRIES:

1. Please register your entries through your Varsity Bound team **account by 9:00 AM on Wednesday, May 3.** If you have questions, please contact Brett Carney at 515-203-9557.
2. Lane assignments will be determined by seeding.
3. In laned individual events there will be 3 heats in the varsity division. Heat 1 will have 3 competitors, heat 2 will have 7, and heat 3 will have 8. There will be two heats of the varsity 800m and one heat of the varsity 1500m and 3000m.
4. In laned relays, there will be 3 teams in heat 1, and 6 teams in heat 2.

GENERAL INFORMATION:

1. State order of events will be followed.
2. Each school may enter 2 individuals and 1 relay in the Varsity division. In the JV division entry limitations as follows:
 - Four individual entries in the 100, 200, 400, 800, 100H, 400H, 1500, 3000 and all field events
 - One relay entry in the distance medley
 - Two relay entries in the sprint medley, 4x200, shuttle hurdle, and 4x400
 - Three relay entries in the 4x100 and 4x800
3. Upon your arrival, please pick up your packet in the conference room prior to the coaches' meeting.
4. Pop and water will be available in the conference room for coaches and meal tickets for the concession stand will be in each school packet
5. Contestants are asked to check in and pick up their hip numbers in the garage at the North end of the track.
6. The varsity long jump, shot put and discus will have prelims and finals. The opening height for the varsity high jump will be 4'6"
7. The junior varsity long jump, shot put and discus will have three attempts and no finals. The opening height for junior varsity high jump will be 4'2"
8. No obligation will be assumed by the host school for lost or stolen valuables.

9. Coaches: Please pick up your awards in the west press box at the conclusion of the meet.
10. Live results can be found at <https://www.aatiming.com/> A PDF copy will be emailed to head coaches after the meet.
11. Buses should park in the bus lane and parking lot just east of the stadium.

AWARDS AND SCORING:

1. Medals will be awarded for 1st through 3rd place in all relays and 1st through 6th in all individual events.
2. Points in each field event and individual running events are 10-8-6-5-4-3-2-1.
Relay points are 10-8-6-5-4-3-2-1.

PARTICIPATING TEAMS:

Ankeny	Ankeny Centennial	Dowling Catholic
Johnston	Northwest	Southeast Polk
Urbandale	Waukee	WDM Valley

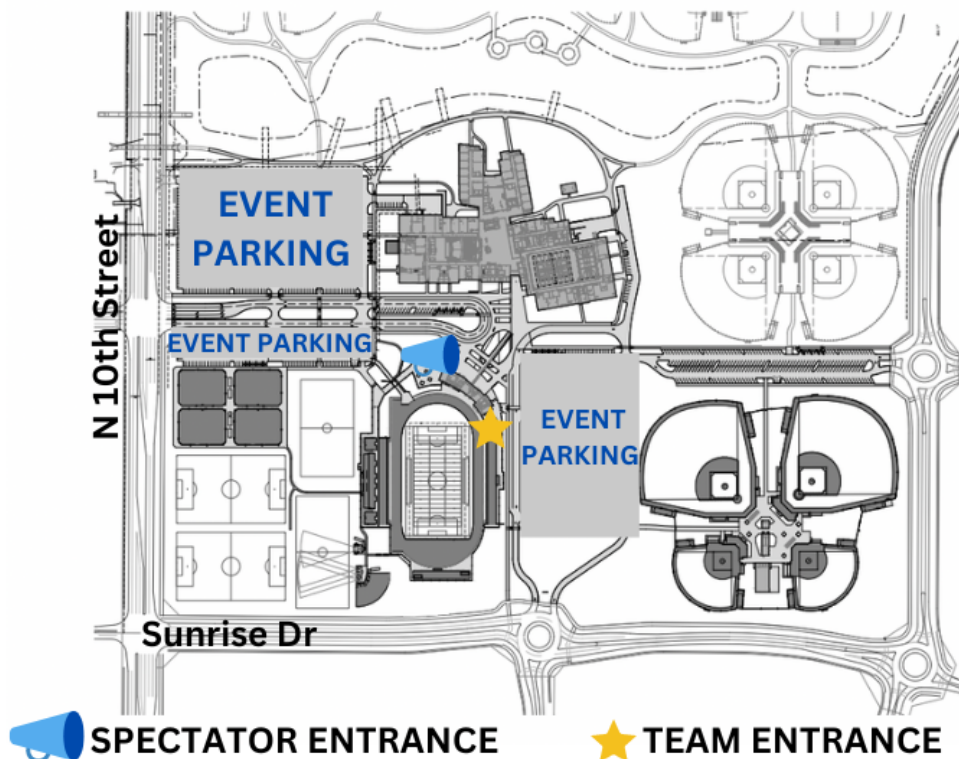
SPECTATORS:

Waukee Schools has electronic ticketing. Cash will not be accepted for entry to the event. Please share the [Vanco](#) ticketing link with your teams, parents, and fans.

We encourage advance purchases. QR codes will be posted at the gate for on-site purchasing with a credit card. CIML SATs accepted.

All fans will enter the home gate and sit on the home (west) bleachers.

QUESTIONS: Contact Jim Duea, Activities Director, Northwest High School, (515) 987-5181.



2023 CIML CONFERENCE CHAMPIONSHIP

****Tentative**** Time Schedule

3:00 All Field Events

Shot Put Varsity, JV

Discus JV, Varsity

Long Jump Varsity, JV

High Jump Varsity, JV

3:30 Sprint Medley Relay Varsity (2 heats) then JV (3 heats)

3:50 3000m Run Varsity then JV

4:20 4x800m Relay Varsity then JV

4:45 Shuttle Hurdle Relay Varsity (3 heats), JV (4 heats)

5:10 100m Dash Varsity (3 heats), JV (5 heats), Wheelchair

5:35 Girls Distance Medley Relay Varsity (2 heats) then JV (2 heats)

6:05 Girls 400m Dash Varsity (3 heats), JV (5 heats)

6:30 Girls 4x200m Relay Varsity (2 heats) then JV (3 heats)

6:55 Girls 100m Hurdles Varsity (3 heats) then JV (5 heats)

7:20 Girls 800m Run Varsity (2 heats) then JV (2 heats)

7:40 Girls 200m Dash Varsity (3 heats), JV (5 heats), wheelchair

8:10 Girls 400m Hurdles Varsity (3 heats) then JV (4 heats)

8:35 Girls 1500m Run Varsity (1 heat) then JV (2 heats)

9:00 Girls 4x100m Relay Varsity (2 heats) then (4 heats)

9:25 Girls 4x400m Relay JV (2 heats) then Varsity (2 heats)