

1/29/2022

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

Monday, April 4, 2022
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: DC-G, Indianola (Purple), Indianola (Gold), Marshalltown
SE Polk (2), Urbandale
8th Grade Teams: Indian Hills, Indianola (Purple), Indianola (Gold), Johnston
SE Polk, Urbandale, Waukee Prairieview, Waukee Timberline
- ENTRY FEE:** \$60.00 per grade level entered (**\$120 if you bring both 7th & 8th grades**)
- ADMISSION:** All tickets must be purchased online | <https://www.vancoevents.com/BDEB> | \$4 | K-Adult
- AWARDS:** Individual Events: Top (6) place winners
Relay Events: Top (3) place winners
- SCORING:** Non-Scoring Meet
- TEAM CAMPS:** **Our finish line is now at the southwest corner of our track. No team camps will be allowed in the bleachers nearest the finish line. Finish line bleachers are for coaches/fans ONLY. Teams are instructed to sit in the east bleachers. This is a change from past years.**
- MEET HQ'S:** Coaches should report to the press box 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 Indianola Stadium. Long Jump is located on the south end of the track and High Jump is located on the north end of the track.
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|-------------------|---|
| 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:** **All entries will be done through Bound**
Entries start: 03/28/2022 - 12:00 AM
Entries end: 04/04/2022 - 11:00 AM

YOU MUST DECLARE YOUR TEAM BY 11:00AM ON APRIL 4!

- 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)	- (4 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 Hurdle Relay	7 – 8 (1 team each grade)
100 Meter Dash	7 – 8 (4 entries each grade)
1600/Distance Medley Relay	7 – 8 (1 team each grade)
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 each 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 (1 team each grade)

FIRST HEAT - FAST HEAT