

CIML CENTRAL CONFERENCE BOYS TRACK MEET

Thursday, May 4, 2023 @ 3:00 PM @ Valley High School (Tiger Field)

Field events will begin at 3:00 and running events will begin at 3:30.

COACHES MEETING: There will be a head coaches meeting at 2:30 p.m. at the Field Garage area.

ONLINE REGISTRATION: Please enter your entries through your Varsity Bound Team account by 8:00 PM on Tuesday, May 2nd. Please enter relay names for the announcer. If you have any questions, please contact Brett Carney at brettcarney10@gmail.com or 515-203-9557.

There will be 3 divisions: **9th/JV/Varsity. We will have scoring in 9th and Varsity.**

DECLARATIONS DEADLINE: Final declarations are due **by 9 a.m. Wednesday, May 3rd** in an effort to reduce the number of changes made prior to the meet. You must declare on the website when entries are complete.

ENTRY LIMITS AND SEEDINGS: See schedule on page 2 for entry limits. Use current outdoor performances for entries. Anyone entered with no time or distance will be seeded into the slowest heat or flight.

CHANGES AND SCRATCHES: Limited scratches and changes may be made at the meet. **Please submit these upon arrival to the meet up in the press box.**

FACILITIES:

1. The Valley track is an all-weather surface. Long jump and high jump are all weather surfaces. Shot put and discus are cement. If possible we will use both pits at the same time for Long Jump, (example 9th and Varsity jumping same time).
2. **Team camp areas:** Team camps are south and west of the bleachers in the grass area behind the bleachers. NO team camps on the synthetic turf field! No food on the turf. Please - NO team camps in the bleachers or on the Turf.

GENERAL INFORMATION:

1. Order of events will be followed.
2. Upon your arrival, please pick up your packet and meal tickets in the Field Garage, NE end of the Track.
3. Athletes, please report promptly to the clerk on the south end of the field, under the white tent, hip #'s as well.
4. The Long Jump, Shot Put and Discus will have pre-lims and finals, for Varsity only. High jump will start at 5'2"/5'4"/5'6"
5. The 9th & JV Long Jump, Shot Put and Discus will have 3 attempts and no finals.
6. No obligation will be assumed by the host school for lost or stolen valuables.
7. Coaches: Please pick up your results/medals in the press box at the conclusion of the meet.

8. **Bus drop off and parking:** Please drop off on Ashworth Road just South of the Track and next to Camp areas. Then Drive to 42nd and take a right and drive to Valley West Mall to park until 4 pm. This will allow the parking lot to be cleared of students. When buses return they may park by the Baseball field and then line up to pick up teams on Ashworth Road again when the meet is over. **Please avoid 39th street avoid backing up traffic.** Valley High School will be closed until 3:30 pm for security reason. Athletes will enter through the gate on the south end. Family and friends can pay at the north gate and proceed to the bleachers. Admission: \$5 (K – Adult)

AWARDS AND SCORING:

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

CONCESSIONS stand is located north of the track, to the left of the school entrance.

RESTROOMS: Please enter the doors of the high school and to the left. (3:30 pm to 10 pm) There are also KYBOS available on the north side of the track facilities. **ATHLETES: PLEASE DO NOT WEAR SPIKES INTO THE BUILDING.**

PARTICIPATING TEAMS: Ankeny, Ankeny Centennial, Dowling Catholic, Johnston, Southeast Polk, Urbandale, Valley, Waukee, Waukee NW

QUESTIONS???: Contact Tom Trygstad, Head Boys Track Coach, Valley High School, (515) 250-3936, Brad Rose, Activities Director (515) 657-2550 or Mike Egbert, Activities Coordinator (641)680-0515.

SCHEDULE OF EVENTS

3:00	All Field Events	
	Shot Put	Varsity, JV, 9th
	Discus	JV, 9th, Varsity
	Long Jump	Varsity, JV, 9 th (if two pits – 9 th and Var same time)
	High Jump	Varsity, JV, 9th
3:30	Sprint Medley Relay	Varsity (2 heats) then JV/9th (3 heats)
3:50	3200m Run	Varsity then (JV/9th together)
4:15	4x800m Relay	Varsity then (JV, 9th together)
4:50	Shuttle Hurdle Relay	Varsity (3 heats), JV/9th (5 heats)
5:15	100m Dash	Varsity (3 heats), JV/9th (5 heats), Wheelchair
5:40	Distance Medley Relay	Varsity (2 heats) JV/9th (3 heats)
6:15	400m Dash	Varsity (3 heats), JV/9th (5 heats)
6:40	4x200m Relay	Varsity (2 heats), JV/9th (3 heats)
7:05	100m Hurdles	Varsity (3 heats), JV/9th (5 heats)
7:30	800m Run	Varsity (2 heats), JV/9th (5 heats)
7:45	200m Dash	Varsity (3 heats), JV/9th (5 heats), wheelchair
8:20	400m Hurdles	Varsity (3 heats), JV/9th (5 heats)
8:45	1600m Run	Varsity (1 heat), JV (1 heat), 9th (1 heat)
9:10	4x100m Relay	Varsity (2 heats), JV/9 (5 heats)
9:25	4x400m Relay	JV/9th (3 heats) then Varsity (2 heats)