

URBANDALE HIGH SCHOOL ATHLETICS

2018 Iowa Conference Girls Track Meet – revised May 2, 2018

- Date:** May 4, 2018
- Time:** 3:30pm Check In Begins – Press Box
4:00pm Field Events
4:30pm Running Events
- Teams:** Dowling Catholic Marshalltown
Fort Dodge Mason City
Johnston Urbandale
- 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. Only meet workers and coaches/participants will be allowed inside the gate area of the track.
- Admission:** Adults: \$5.00
Students: \$3.00 (K-8)
- Wireless Internet** There is intermittent wi-fi coverage at the stadium.
Network: UCSD Guest Wifi
Password: jhawk1718
- Scoring:** Team Score will be compiled for this meet.
Individual Events: 10-8-6-4-2-1
Relays: 10-8-6-4-2

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- Entries:** All teams MUST enter their event entries on ASPi via the following link: <http://www.aspimeetz.com/26769>. The deadline to **DECLARE** your entries is 11:00 AM on the day of the event. Changes made after 11:00 AM must be **E-MAILED** to josh.jacobs@j-hawks.com **BEFORE** 2:00 PM. No **CHANGES**, only **SCRATCHES** will be allowed **AFTER** 2:00 PM.
- Entry Specifications:** Student-athletes may participate in no more than 4 events.
Varsity: 2 entries per event; 1 entry per relay
Junior Varsity: No more than 4 entries per event; 2 entries per relay
Unlimited JV Entries: 4x800, 1500, 3000
- Lane Assignments:** Lane assignments will be handled on a timed basis. See Program for attempt details.
Running Events: Slow heat first, followed by fast heat
Field Events: Varsity – 1 Flight (Worst Marks to Best Marks)
JV – 1 or 2 Flights* (Worst Marks to Best Marks)
- * 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.
- Live Stream:** This meet will be accessible for live viewing on J-Hawks Live (www.j-hawks.com/live).
- Results:** In addition to a packet for each school, results will be posted on our Athletic Website within 12 hours of the conclusion of the meet at www.j-hawks.com.
- Questions:** Contact:
Bill Watson at william.watson@j-hawks.com or (515) 457-6994
Josh Jacobs at josh.jacobs@j-hawks.com or (515) 457-6946

IOWA CONFERENCE GIRLS MEET

FRIDAY MAY 4, 2018

Participating Schools

Dowling Catholic
Fort Dodge
Johnston

Marshalltown
Mason City
Urbandale

4:00pm FIELD EVENTS

- DISCUS (Varsity then JV)
- SHOT PUT (JV then Varsity)
- HIGH JUMP (Varsity and JV together)
- LONG JUMP (Varsity prelims and JV together)

4:30pm RUNNING EVENTS

Order of events: Junior Varsity then Varsity

4:30pm Sprint Medley Relay
3000 Meter Run
4x800 Meter Relay
Shuttle Hurdle relay
100 Meter Dash
1600 Meter Medley Relay
400 Meter Dash
4x200 Meter Relay
100 Meter Hurdles
800 Meter Run
200 Meter Dash
400 Meter Hurdles
1500 Meter Run
4x100 Meter Relay
4x400 Meter Relay



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FIELD EVENT INFORMATION

Discus (Varsity then Junior Varsity)

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)

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

High Jump (Varsity and Junior Varsity jump together)

Starting Height of 4'2"
2" increments to 5'0" then 1"

Long Jump (Varsity prelims and JV will jump together)
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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

White Line / Closest to Pit	Middle School
Red Line / Middle of Three	High School Girls
Blue Line / Farthest from Pit	High School Boys