



# Ankeny High School Hawk and Hawkette Athletics

Member of the CIML Conference



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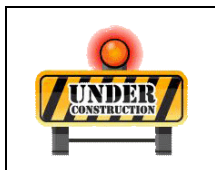
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## Ankeny Hawkette Invitational Track Meet

Thursday, April 4<sup>th</sup>, 2019

4:30

**DUE TO CONSTRUCTION AT NORTHVIEW STADIUM  
LOCATION THIS YEAR IS ANKENY HIGH SCHOOL 1155 SW CHERRY ST  
COACHES AND BUSES SEE MAP BELOW FOR DROP OFF PLAN**



**Participants:** Ankeny, Ankeny Centennial, Carlisle, Indianola, Johnston, Southeast Polk, Urbandale, and Valley

**Entry Fee:** Your entry fee, in the amount of \$110.00, should be mailed to the Ankeny Activities Department, Ankeny High School, 1155 SW Cherry Street, Ankeny, Iowa, 50023, upon receipt of this letter.

**Entries:**

- \*The participation limitation rule of the IGHS AU will be followed.
- \*Enter two athletes in each varsity and Junior Varsity individual event including field events. Ankeny only unlimited in the Shot Put, Long Jump, and Discus.
- \*Enter one varsity and one junior varsity relay team in each relay event with these exceptions: you may enter a second 4x100, 4x800, and 4x400 in the JV section. First to finish will place.
- \*The 1500JV and 3000JV are unlimited entry. The first two to finish will be scored in JV.
- \*The Varsity 3000 and JV 3000 will be run in separate sections with the JV to be run first. The 4x800 varsity and reserve could be run together also if entry numbers allow. If either race is combined, it will be scored separately. This decision will be based on entries. Please advise your athletes. A decision will be made by 4:00 p.m. meet day.
- \*There will be four (4) attempts in the shot, discus and long jump in both the varsity and junior varsity classes. All four attempts are finals.

Entries can be made by using the following link beginning Thursday, March 14<sup>th</sup>:

Web Link: <https://www.vbmeets.com/28401>

Coaches should review this site early to make sure they have access to the meet information. The site also contains meet entry information.

On-line entries are due on **Wednesday April 3<sup>rd</sup> at 8pm**. Please take advantage of this late closing time to update your entries and avoid entry changes at the meet site. If changes are necessary on meet day email [brettcarney10@gmail.com](mailto:brettcarney10@gmail.com) by NOON. Please also supply us with a coaches' cell phone number should we have to contact them concerning an entry.

**Scoring:** Scoring for the meet will be as follows:  
Individual: 10-8-6-4-2-1  
Relays: 10-8-6-4-2-1

**Awards:** There will be a team trophy awarded to the championship varsity team. There will be medals for first through sixth place in varsity relays and individual events. Junior varsity will receive ribbons first through sixth.

## Commitment To Excellence

# **HAWKETTE RELAYS**

**April 4<sup>th</sup> - 4:30 pm**

Ankeny, Ankeny Centennial, Carlisle, Indianola, Johnston, Southeast Polk, Urbandale,  
and Valley

## **Field Events -- All Finals – 4:30**

High Jump Starting at 4'2" (JV/Varsity)

Shot Put - (Varsity/JV)

Discus - (JV/Varsity)

Long Jump - (Varsity/JV)

## **Order of Running Events – 4:30**

\*Sprint Medley Relay

3000 Meter Run

4 x 800 Relay

Shuttle Hurdle Relay

100 Meter Dash

Wheelchair 100

Distance Medley Relay

400 Meter Dash

Wheelchair 400

4 x 200 Meter Relay

100 Meter Hurdles

800 Meter Run

200 Meter Dash

Wheelchair 200

## **ANKENY AND ANKENY CENTENNIAL SENIOR RECOGNITION PROGRAM**

400 Meter Hurdles

1500 Meter Run

4 x 100 Meter Relay

\*Scott Osborn 4 x 400 Meter Relay

\*Varsity will run first in ALL running events except the 4 x 400 meter relay and the Sprint Medley so that we can test our system during a JV event rather than the Varsity Sprint Medley.

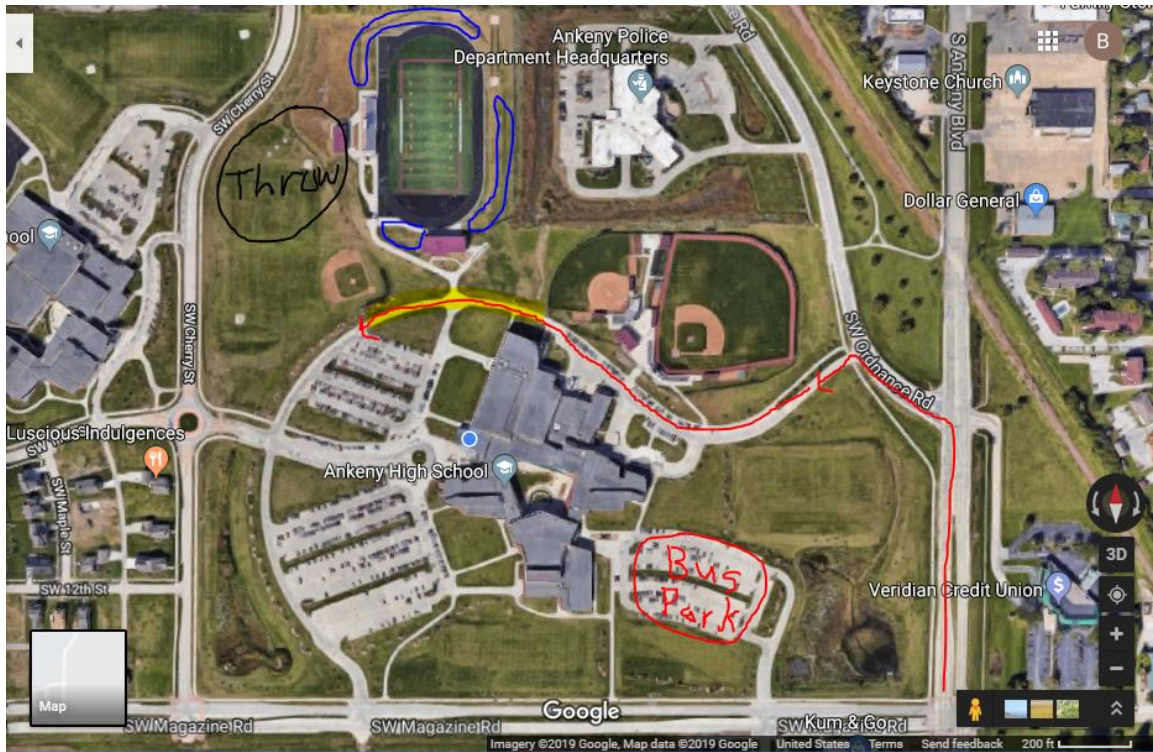
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# ANKENY HAWKETTE RELAYS RECORDS

(Updated on April 6<sup>th</sup>, 2018)

Shot Put	Margo Shandri	42' 07"	Urbandale	2010
Discus	Katie Bartlett	137' 8"	Roosevelt	2005
High Jump	Kathy Peterson Sandra Biere Amy Engle	5' 4"	Indianola Roosevelt Newton	1979
Long Jump	Karlin Hayes	18' 11.25"	Ankeny	1981
Sprint Medley Relay		1:48.67	North	1984
3000 Meter Run	Christa Holmes	10:08.30	Valley	1986
4 x 800 Relay	Grace Larkins, Tarryn Hill, Paige Blackford, Sydney Milani	9:35.55	SEP	2018
Shuttle Hurdle (33 in hurdles)	Kyla Miles, McKenna Zimmerman Maddie Kirchner, Szenita Bahtic	1:07.53	Urbandale	2009
Distance Medley Relay		4:14.64	Dowling Catholic	2010
100 Meter Dash	Christi Hogan	12.20	Ankeny	1995
400 Meter Dash	Liz Messerly	56.12	North	1986
4 x 200 Meter Relay		1:44.58	Ankeny	1997
100 Meter Hurdles (33 in hurdles)	Maddie Kirchner	15.34	Urbandale	2010
800 Meter Run	Katie Flood	2:17.15	Dowling Catholic	2010
200 Meter Dash	Tashika Lewis	25.10	North	1993
400 Meter Hurdles	Karlin Hayes	1:03.03	Ankeny	1981
1500 Meter Run	Christa Holmes	4:42.35	Valley	1989
4 x 100 Relay		49.27	Ankeny	1997
4 x 400 Relay	Natalie Clement, Grace Larkins, Tarryn Hill, Sydney Milani	4:01.97	SEP	2018
Shuttle Hurdle		1:03.40	Newton	1986
100 Meter Hurdles (30 inch hurdles)	Lolo Jones	13.73	Roosevelt	1998

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BUSES COME IN OFF ANKENY BLVD TO BACK OF SCHOOL. FRONT OF SCHOOL IS NOT AN OPTION DUE TO 3:40PM STUDENT RELEASE!!!! **SEE RED ARROWS**

DROP AT **YELLOW HIGHLIGHTED** AREA.....PICK UP SAME SPOT AFTER MEET

COACHES, **BLUE AREAS** ARE CAMP ZONES. DO NOT CAMP IN STANDS OR ON THE FOOTBALL FIELD

BLACK CIRCLE IS SHOT AND DISCUS AREA

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