



Johnston 8th Grade Co-Ed Track Meet
Thursday, April 4, 2019 4:30 pm
Johnston High School (Dragon Stadium)
6500 NW 100th St, Johnston, IA 50131

Teams Attending: Johnston- Dallas Center-Grimes - Urbandale

Welcome to Dragon Stadium for the 8th grade girls/boys quadrangular track meet. Please note the general information we have listed below.

- No team scoring (participation focus).
- Field events will begin at 4:30 pm. Running events will begin at 5:00 pm.
- IHSAA and IGHSAU rules will be followed.
- Entry fee \$20.00 per team (\$40.00 for two teams)

Entrance information:

Sign up at: <https://www.vbmeets.com/28360>

Aspi registration will open on Thursday 3/28/19 at 8:00 am and will close on Wednesday April 3rd at 6:00 - If you have questions, comments, concerns, please contact Patrick Mattingly at pmattingly@johnston.k12.ia.us

FIELD EVENTS - 4:30 pm - 8 entries per team

Shot Put -- (3 throws) – Girls first followed by Boys
Discus -- (3 throws) – Boys first followed by Girls
Long Jump - (3 jumps) – Boys followed by Girls
High Jump – (3 attempts) - Girls followed by Boys - Girls Start at 4'00", Boys Start at 4'6"

Shot Put and Discus are located west of the stadium, just west of the tennis courts. It will be muddy in that area as the ground is wet and the grass is developing. Please use caution arriving and leaving that area. Both the high jump and long jump are located in the stadium. Long jump is on the north side of the track and high jump is on the south side.

RUNNING EVENTS – 5:00 pm (Girls followed by Boys)

1. 4 x 800 relay (Unlimited entries) – waterfall start
2. 10 flight shuttle hurdle relay (3 entries per team)
3. 100 m dash (6 entries per team)
4. 1600 m medley relay (4 entries per team)
5. 400 m dash (4 entries per team)
6. 4 x 200 relay (4 entries per team)
7. 1500M/1600M (Unlimited entries) – waterfall start
8. 10 Flight 100M Hurdles (4 entries per team)
9. 200 m dash (6 entries per team)
10. 800 m medley (4 entries per team)
11. 200 m hurdles (4 entries per team)
12. 800 m run (Unlimited entries) – waterfall start
13. 4 x 100 relay (6 entries per team)
14. 4 x 400 relay (Unlimited entries) – waterfall start

- Trainer – will be available “on call” basis during the meet
- Coaches – please plan to help coordinate your runners by being on the track near the finish line with our clerks. This will expedite the meet and help your runners know where and how to line up.
- Check In – Upon arriving, please check in up in the press box. There is an elevator located on the back side of the home bleachers. An effort will be made for substitutions and changes per coaches request.
- Results – will be emailed to coaches and athletic directors after the meet. There will be no paper packets to pick up after the meet.
- Locker Rooms – not available for this meet. There are several different bathroom locations throughout the stadium, including private family restrooms.
- Bus Parking – please drop off on the main south entrance of the stadium and have busses park on the far west side of the parking lot.
- Weather Concerns – If it looks like there will be precipitation or cold conditions, a decision about the meet will be made at 1:00 pm at the latest the day of the meet. The Johnston Athletic Department will call visiting Athletic Directors.