

# URBANDALE HIGH SCHOOL ATHLETICS

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## 2021 Class 4A Regional / District Track Meet

**Date:** May 13, 2021

**Site:** Urbandale High School – Frerichs’ Field

**Time:**

2:00pm	Stadium Open for Teams
2:45pm	Implement Weigh-In Begins
3:15pm	Final Scratches Due
3:15pm	Implement Weigh-In Concludes
3:30pm	Head Coaches Meeting – WEST Team Room
3:55pm	National Anthem
4:00pm	Regional / District Meet Begins - Field Events 4:00pm
4:30pm	Running Events 4:30pm

**Teams:**

Ames	DM Roosevelt
Ankeny Centennial	Mason City
DM East	Southeast Polk
DM Hoover	Urbandale

**Directions:** **Frerichs’ Field - 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 70<sup>th</sup> and Aurora Avenue. Urbandale High School will be on your right. The gyms, track and football field rest on the east side of the school.

**From the West:** Take I-80 to the 86<sup>th</sup> Street Exit (129) and proceed south on 86<sup>th</sup> Street to Aurora Avenue (2<sup>nd</sup> 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, track and football field rest on the east side of the school.

**Bus Parking:** ***There will be no bus parking on campus until after 5:00pm. Buses are advised to drop students and return after 5:00pm.***

**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. The first shuttle will depart at 3:15pm.

The High Jump and Long Jump are located inside the track.

**Admission:** Admission is \$6.00 for K-12 students and adults. No passes will be accepted.

**All tickets must be purchased online via Hometown Ticketing; tickets will not be sold at the gate. Visit <https://www.iahxaa.org/tickets/> beginning at 9:00am on Monday, May 10<sup>th</sup> to purchase tickets.**

**Spikes:** ¼” Spikes or shorter on the Track and Long Jump.

**Questions:** Contact Bill Watson at [william.watson@j-hawks.com](mailto:william.watson@j-hawks.com) or (515) 457-6994.

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## ATHLETE & COACH INFORMATION / TEAM CAMPS

### Team Camps:

Team Camps are limited to the East Bleachers. NO TENTS are permitted in the stadium. Please see the map below for your teams' assigned spot in the EAST BLEACHERS.



### Field Access:

Field access is limited to the two gates nearest the building at the end of the track and the two gates nearest the East Bleachers for participant access. There is to be no food / drink on the track or field. Coaches should remain in the bleachers.

The Long Jump may be viewed only from the bleachers. The area under the scoreboard will be open for those wishing to watch the High Jump.

**Following the conclusion of the High Jump / Long Jump, the only personnel permitted inside the track area are athletes in uniform, competing or preparing to compete and meet officials and workers.**

### Coaches Box:

There will be no Coaches Box at the State Qualifying Meet.

### Coaches Meal:

The Urbandale Booster Club will provide a box lunch for all coaches that may be picked up during the break in the officials' room under the scoreboard.

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## REGIONAL – DISTRICT MEET SPECIFIC INFORMATION

**Facility:** Frerichs' Field features an 8-lane all weather track.

**Entries:** **Each school may enter TWO entries in Individual Events and ONE entry in relays.**

Information for submitting qualifying meet entries will be emailed to member schools the week of Monday, May 3.

The deadline for Qualifying Meet entries and declarations will be **10:00 a.m. Wednesday, May 12.**

**All scratches or substitutions must be sent by email to the Qualifying Meet (andrew.olson@j-hawks.com / 515-201-8227) host no later than 10:00 a.m. on the day of the meet, Thursday, May 13.** No substitutions will be allowed after that time. Scratches after that time will count as an event. Emergencies will be considered and can only be approved by the IGHSAU or IHSAA.

Hosts are required to send all participating schools heat and lane assignments as close to 10:00 a.m. as possible once final substitutions and scratches are made. All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events.

All entries shall be submitted as FAT times. All state qualifying meet seed times need to be verified through Varsity Bound. Any time discrepancies (faster or slower than what is posted on Varsity Bound) will result in "No Time" seed time. No split times are allowed for individual event seed times.

Coaches have until 1:00 p.m. the day of the meet to protest a seed time. After this deadline, heat and lane assignments become final. Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information.

The IGHSAU and IHSAA will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights. Meet managers shall reseed an event prior to the start of the meet if scratches or substitutions are made in a particular event. Any substitute entry will receive a "No Time" seed time.

Coaches will be handed one (1) copy of completed heat / lane assignments at the coaches meeting.

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**Timing System:** We will be using FINISH LYNX FULLY AUTOMATIC TIMING (FAT).

**Team Scoring:** Individual Events: 10-8-6-5-4-3-2-1  
Relay Events: 10-8-6-5-4-3-2-1

**Common Finish:** The Board of Control of the IHSAA has determined that races at the State Qualifying meets will run to the common finish. Races will not be reversed to gain a wind advantage even in fully automatic timing is available for the reversed race.

**Awards:** Medals will be awarded to the top eight place winners in each event. A banner will be awarded to the team champion in each division. Medals and banners may be picked up following the meet in the Press Box.

**Please take the time to read the Track and Field District/Regional Manual mailed to all member schools in April prior to the start of the meet.**

# URBANDALE HIGH SCHOOL ATHLETICS

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## FIELD EVENTS – SHOT PUT

**Shot Put Location:** 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. The first shuttle will depart at approximately 3:15pm.

**Implements:** All Field Event Implements must be weighed in and marked between 2:45pm and 3:15pm at the East Entrance to the High School. These items will remain with the meet management and be delivered to the site after 3:15pm. These will remain with the meet management until the event is completed.

**Shot Put:** **Order of Events**  
**Girls Shot Put**  
**Boys Shot Put**

*Every competitor in the shot put is to be given three trials which will serve as preliminary competition and the best performances in each event will be placed in final competition through the use of three additional trials. Each competitor's best throw whether it is in the preliminaries or finals shall be the one used to determine the competitor's final placing.*

**2 Flights – 8 competitors per flight**

**The order of the preliminary round will be established by the IHSAA and IGSAU**

### **Girls Shot Put**

**3:15pm – 3:45pm – Area open for warm-up for all competitors**

**3:40pm – Check in at Field Event Area**

**3:45pm – 4:00pm – Flight 1 warm-up**

**4:00pm – Flight 1 competes**

**After Flight 1 completion – 15 minute warm-up period**

**After Flight 2 completion – 5-10 minute warm-up period for finals**

### **Boys Shot Put**

**15 minute warm-up period for Flight 1 – then a similar schedule as listed above will be followed for the remaining time**

**3 entries per round - 1 throw per entry – however, successive attempts are allowed**

*The top eight individuals will advance to the Final Round based upon their performance in the Preliminary Round. In the Final Round, competition order will be in the reverse order of Preliminary Round performance.*

*A competitor's best attempt, whether in the Preliminary Round or Final Round, will be used to determine final placing.*

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## FIELD EVENTS –DISCUS

**Discus Location:** 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. The first shuttle will depart at approximately 3:15pm.

**Implements:** All Field Event Implements must be weighed in and marked between 2:45pm and 3:15pm at the East Entrance to the High School. These items will remain with the meet management and be delivered to the site after 3:15pm. These will remain with the meet management until the event is completed.

**Discus:** **Order of Events**  
**Boys Discus**  
**Girls Discus**

*Every competitor in the discus is to be given three trials which will serve as preliminary competition and the best performances in each event will be placed in final competition through the use of three additional trials. Each competitor's best throw whether it is in the preliminaries or finals shall be the one used to determine the competitor's final placing.*

**2 Flights – 8 competitors per flight**

**The order of the preliminary round will be established by the IHSAA and IGHS AU**

**Boys Discus**

**3:15pm – 3:45pm – Area open for warm-up for all competitors**

**3:40pm – Check in at Field Event Area**

**3:45pm – 4:00pm – Flight 1 warm-up**

**4:00pm – Flight 1 competes**

**After Flight 1 completion – 15 minute warm-up period**

**After Flight 2 completion – 5-10 minute warm-up period for finals**

**Girls Discus**

**15 minute warm-up period for Flight 1 – then a similar schedule as listed above will be followed for the remaining time**

**3 entries per round - 1 throw per entry – however, successive attempts are allowed**

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*The top eight individuals will advance to the Final Round based upon their performance in the Preliminary Round. In the Final Round, competition order will be in the reverse order of Preliminary Round performance.*

*A competitor's best attempt, whether in the Preliminary Round or Final Round, will be used to determine final placing.*

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## FIELD EVENTS – LONG JUMP

**Long Jump  
Location:**

The Long Jump is located inside the track at the north end of the stadium.

**Long Jump:**

**Order of Events  
Boys Long Jump  
Girls Long Jump**

*Every competitor in the long jump will be given three trials which will serve as preliminary competition and the best performances in each event will be placed in final competition through the use of three additional trials. Each competitor's best jump whether it is in the preliminaries or final shall be the one used to determine the competitor's final placing.*

**2 Flights– 8 competitors per flight**

**The order of the preliminary round will be established by the IHSA and IGSAU**

### **Boys Long Jump**

**3:15pm – 3:45pm – Area open for warm-up for all competitors**

**3:40pm – Check in at Field Event Area**

**3:45pm – 4:00pm – Flight 1 warm-up**

**4:00pm – Flight 1 competes**

**After Flight 1 completion – 15 minute warm-up period**

**After Flight 2 completion – 5-10 minute warm-up period for finals**

### **Girls Long Jump**

**15 minute warm-up period for Flight 1 – then a similar schedule as listed above will be followed for the remaining time**

**3 entries per round - 1 throw per entry – however, successive attempts are allowed**

**3 entries per round - 1 jump per entry – however, successive attempts are allowed**

*The top eight individuals will advance to the Final Round based upon their performance in the Preliminary Round. In the Final Round, competition order will be in the reverse order of Preliminary Round performance.*

*A competitor's best attempt, whether in the Preliminary Round or Final Round, will be used to determine final placing.*

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## FIELD EVENTS –HIGH JUMP

**High Jump  
Location:**

The High Jump is located inside the track in the south “D” of the track.

**High Jump:**

**Order of Events  
Girls High Jump  
Boys High Jump**

*Final Round only.*

*Girls Starting Height: 4’6”*

The bar is raised two inches each time to five feet, and then one inch at a time after five feet.

*Boys Starting Height: 5’6”*

The bar is raised two inches each time to six feet, and then one inch at a time after six feet.

***Girls High Jump***

***3:15pm – 3:45pm – Area open for warm-up for all competitors***

***3:40pm – Check in at Field Event Area***

***3:45pm – Warm-up closed to Boys High Jumpers only***

***4:00pm – Girls High Jump Begins***

***Boys High Jump***

***15 minute warm-up period then competition begins***

**Spectators:**

Field access is limited to the two gates nearest the building at the end of the track and the two gates nearest the East Bleachers for participant access. There is to be no food / drink on the track or field.

The Long Jump may be viewed only from the bleachers. The area under the scoreboard will be open for those wishing to watch the High Jump.

**Following the conclusion of the High Jump / Long Jump, the only personnel permitted inside the track area are athletes in uniform, competing or preparing to compete and meet officials and workers.**



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## ORDER OF EVENTS – RUNNING EVENTS

<b>Running Events – Begin at 4:30pm</b>	<b>Field Events – Begin at 4:00pm</b>
800m Sprint Medley Relay (G)	<u>Shot Put (Girls / Boys)</u>
800m Sprint Medley Relay (B)	Girls Shot Put
3000 Meter Run (G)	Boys Shot Put
3200 Meter Run (B)	
4x800 Meter Relay (G)	<u>Discus (Boys / Girls)</u>
4x800 Meter Relay (B)	Boys Discus
	Girls Discus
<i>Mandatory 45 Minute Break</i>	
Shuttle Hurdle Relay (B)	<u>High Jump (Girls / Boys)</u>
Shuttle Hurdle Relay (G)	Girls Long Jump
100 Meter Dash (G)	Boys Long Jump
100 Meter Dash (B)	
100 Meter Wheelchair (G/B)	<u>Long Jump (Boys / Girls)</u>
1600 Meter Distance Medley Relay (G)	Boys High Jump
1600 Meter Distance Medley Relay (B)	Girls High Jump
400 Meter Dash (G)	
400 Meter Dash (B)	
4x200 Meter Relay (G)	<u>Participating Teams</u>
4x200 Meter Relay (B)	Ames
100 Meter Hurdles (G)	Ankeny Centennial
110 Meter Hurdles (B)	Des Moines East
800 Meter Run (G)	Des Moines Hoover
800 Meter Run (B)	Des Moines Roosevelt
<i>Mandatory 20 Minute Break</i>	Mason City
200 Meter Dash (G)	Southeast Polk
200 Meter Dash (B)	Urbandale
200 Meter Wheelchair (G/B)	
400 Meter Hurdles (G)	
400 Meter Hurdles (B)	
1500 Meter Run (G)	
1600 Meter Run (B)	
4x100 Meter Relay (G)	
4x100 Meter Relay (B)	
4x400 Meter Relay (G)	
4x400 Meter Relay (B)	

THE MEET WILL RUN ON A CONTINUOUS BASIS