



CITY HIGH ATHLETICS

1900 Morningside Drive • Iowa City, IA 52245 • 319-688-1045 • F 319-688-1314 • www.littlehawkathletics.com
TERRY COLEMAN- ATHLETIC DIRECTOR

To: Athletic Directors and Boys Track & Field Coaches
From: Terry Coleman, Athletic Director and Mike Moore, Head Boys Track Coach
Re: 2019 City High JV Meet
When: Tuesday, March 26, 2019 **4:30 p.m. (Field Events & 800m Medley)**
Location: Raffensperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245

Teams: City High, Cedar Rapids Kennedy, Cedar Rapids Prairie, Cedar Rapids Washington

Entry Fee: \$75.00

Meet Info: Meet information and FREE, LIVE results can be found at <http://cityhightrackresults.com/>

Entries: Entries will be made on-line using ASPImeetz. To access entries, go to: <https://www.vbmeets.com/27609> If you have questions or difficulties with entries, **please e-mail Terry Coleman ASAP.**

Entry Period:

- Beginning on **Wednesday, March 20th**, you may enter/edit your entries.
- Please enter at least 4 names for all relays.
- Changes can be made until 1:00 pm on **Monday, March 25th**.
- You must click the DECLARE ENTRIES button for your entries to be submitted.

Changes/substitutions/scratches:

- Your declared entries should be as accurate as possible.
- A copy of the heat sheet for your team will be emailed the evening of March 25th.
- If there are changes that need to be made, **please send those by e-mail before you leave on the 26th** to avoid delays in starting the meet. Please keep last minute changes to a minimum. Any changes that are not sent in ahead of time should be made immediately upon your arrival at the meet. There will be a coaches meeting at 4:00 pm for any final instructions.

Entry Limits:

- *Please follow the event limitations on the following page.* Only the top 2 individuals and top relay from each team will score and be eligible for awards.

Awards: Medals will be provided for 1st through 3rd place in all events.

Senior Night: There will be a recognition honoring our seniors after the open 800m.

Trainer: There will be a trainer on site to deal with injuries. Ice will be available for injuries only. For general use, please bring your own.



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Schedule: We will start promptly at **4:30pm** with all field events and the 800m medley. All events will follow in order, so tell your athletes to be warmed up and ready to go. In the event we get ahead of schedule, we will stay ahead.

4:30	Long Jump- 4 attempts with no finals High Jump- 5'0" starting height Shot Put- 4 attempts with no finals Discus- 4 attempts with no finals	6 entries
4:30	800m Medley Relay	3 entries
4:40	3200m	5 entries
4:55	4 x 800 Relay	3 entries
5:10	Shuttle Hurdle Relay	3 entries
5:20	100m	5 entries
5:40	1600m Medley Relay	3 entries
5:55	400m	5 entries
6:10	4x200 Relay	4 entries
6:25	110m Hurdles	5 entries
6:40	800m	5 entries
6:55	SENIOR NIGHT RECOGNITION	
7:10	200m	5 entries
7:25	400m Hurdles	5 entries
7:40	1600m	5 entries
7:55	4 x 100 Relay	3 entries
8:05	4 x 400 Relay	3 entries

Results available shortly after the final event.

Scoring: Only 2 runners in individual events and 1 relay team will be scored. We will use the following scoring system for three team scoring.

Individual events 5-4-3-2-1 Relays 5-3

If you have any questions, please contact us. City High Athletic Office- 319-688-1045; Mike Moore, head coach 319 325-1568 or Terry Coleman, AD 319-512-9572.

Sincerely,

Terry Coleman
Athletic Director, Iowa City High



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Busses/Parking:

DO NOT HAVE BUSES ENTER BATES FIELD OFF OF 1ST AVENUE!

We are changing the traffic pattern for busses this year. Buses will enter our campus off of Morningside Drive and go north around the building. They will take the access road around the school and park near the building. Athletes then have a short walk to the track. Please communicate this information with your bus driver.

The only parking that will be allowed inside of Bates Field are meet officials and handicapped patrons. No coaches or fans will be allowed to park inside Bates Field unless approved ahead of time.

