



CITY HIGH ATHLETICS

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

TERRY COLEMAN- ATHLETIC DIRECTOR

2019 MVC MISSISSIPPI DIVISIONAL GIRLS TRACK & FIELD MEET

- To:** Athletic Directors and Track & Field Coaches
From: Terry Coleman, Athletic Director
When: Thursday, May 2, 2019
Location: Raffensperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245
- Teams:** City High, Cedar Falls, Cedar Rapids Xavier, Cedar Rapids Prairie, Cedar Rapids Washington, Dubuque Senior, Waterloo East, Western Dubuque
- Entries:** We will be using a Finish Lynx timing system for all events. As a result, our entry procedures will be made on-line using ASPImeetz. To access entry, go to: <https://www.vbmeets.com/29697>
If you have questions or difficulties with entries, **please e-mail Terry Coleman** (coleman.terry@iowacityschools.org) ASAP.

Entry Period:

- Beginning on **Monday, April 22nd**, you may enter/edit your entries.
- Please enter at least 4 names for all relays.
- Changes can be made until 7:00pm on **Wednesday, May 1st**.
- 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 May 1st.
- If there are changes that need to be made, **please send those by e-mail before you leave on the 2nd** 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 4:00pm for any final instructions.

Entry Limits:

- Varsity & JV: 2 entrants in individual events and 1 team per relay.

Awards: Medals will be provided for 1st through 3rd place in each JV and Varsity event.

Athlete & Coach of the Year:

The divisional athlete of the year will be selected from athletes that are 1st team all-conference (1st or 2nd in individual events or 1st in a relay). Coach of the year is selected by a confidential vote. **We will have a meeting in the press box after the 4x400 relay for this purpose**



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MVC All-Academic Team:

Coaches should inform their athletes who the all-academic team members are for their team. An introduction will take place after the 200m dash on the home stretch of the track.

Jury: A jury of two coaches shall be selected to assist the starter with any protests.

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.

Miscellaneous:

- Food for coaches will be via a ticket to use at the concession stand.
- The red sky box is available for your coaching staff to use. No athletes please.
- Athletes cannot use the stairs by the finish line.
- Our main camera is on the **INSIDE** of the track this season and we have a secondary camera on the **INSIDE** of the track. Hip numbers on the LEFT hip.

Running Events:

- We will be hand timing the first 8 places in each event. With the FinishLynx system, we should be able to get times for all runners, but you should time non-placing runners.
- Since we will be using a FinishLynx timing system, please be sure to keep your athletes away from the finish line area if they are not actively in competition.
- We are also employing a two camera system tonight, with a 2nd camera inside the track.
- Make sure your runners check in **AND** get a hip number before their event at the south end of the track. Hip numbers **MUST BE PLACED ON THE LEFT SIDE OF THE HIP NOT ON THE FRONT!**
- Runners also should check in with the clerk of course near the starting area for their race
- Waterfall start will be used in all distance events

Results:

- Results and awards will be available shortly after the 4 x 400.
- Results will also be emailed to AD's and media after the meet. They will be uploaded to VBmeetz for an automatic update to your roster shortly after the meet tonight.

If you have any questions, contact Terry Coleman, AD 319-512-9572, coleman.terry@iowacityschools.org

Sincerely,

Terry Coleman
Athletic Director, Iowa City High



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MEET TIME SCHEDULE

We will start promptly at **4:30pm** with all field events and **5:00pm** for running events. Running events will be JV sections first followed by varsity sections. All events will follow in order, so tell your athletes to be warmed up and ready to go

Scoring: Only 2 runners in individual events and 1 relay team will be scored.
Individual events 10-8-6-5-4-3-2-1 Relays 10-8-6-5-4-3-2-1

4:30pm Varsity Long Jump- 3 attempts with finals (8 to finals)
Varsity & JV High Jump together- 4'0" starting height
JV Shot Put- 4 attempts with NO finals
Varsity Discus- 3 attempts with finals (8 to finals)

@5:30pm JV Long Jump- 4 attempts with NO finals
Varsity Shot Put- 3 attempts with finals (8 to finals)
JV Discus- 4 attempts with NO finals

5:00pm Sprint Medley Relay (100, 100, 200, 400) (2 sections)
5:15pm 3200m Run (JV & Varsity Combined if Possible)
5:45pm 4 x 800 Relay (2 sections)
6:00pm Shuttle Hurdle Relay (6 sections)
6:20pm 100m Dash (4 sections)
6:35pm Distance Medley (200, 200, 400, 800) (2 sections)
6:45pm 400m Dash (4 sections)
6:55pm 4 x 200 Relay (2 sections)
7:05pm 100m Hurdles (4 sections)
7:15pm 800m Run (2 sections)
7:30pm 200m Dash (4 sections)
7:35pm **INTRODUCTION OF MVC ALL-ACADEMIC TEAM**
7:45pm 400m Hurdles (4 sections)
7:55pm 1600m Run (2 sections)
8:10pm 4 x 100 Relay (2 sections)
8:20pm 4 x 400 Relay (2 sections)



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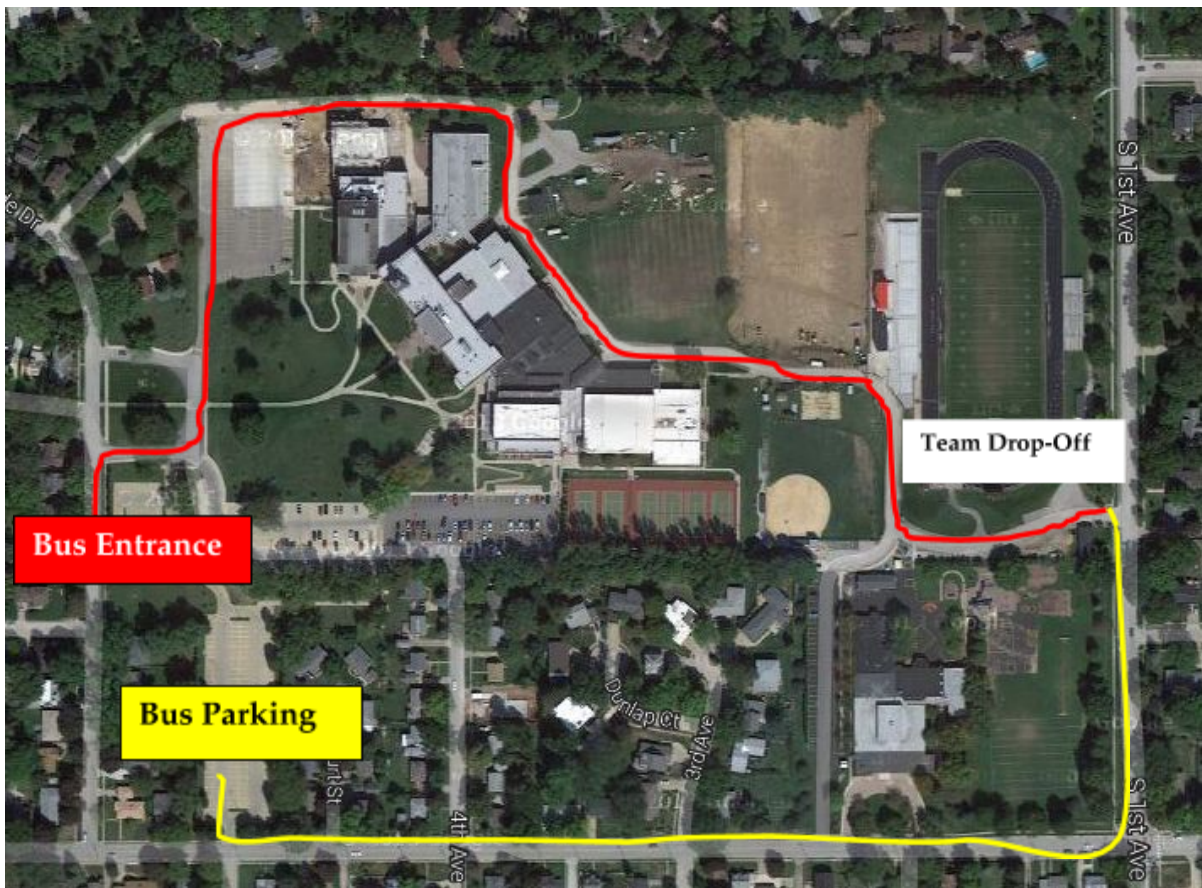
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Busses/Parking:

**DO NOT HAVE BUSES ENTER BATES FIELD OFF OF 1ST AVENUE!
THERE WILL BE NO BUS PARKING INSIDE BATES FIELD**

We are changing the traffic pattern for busses this year. Busses will enter our campus off of Morningside Drive and go north around the building. They will take the access road around the school down to the track. They can drop off kids and then pull through to park in the City High lower lot off of 4th avenue. Please communicate this information with your bus driver. The map is below.

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





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Divisional Athlete of the Year Ballot

City High, Cedar Falls, Cedar Rapids Xavier, Cedar Rapids Prairie, Cedar Rapids Washington, Dubuque Senior, Waterloo East, Western Dubuque

Athlete _____ School _____

Note: Coaches will meet AFTER the 4x400 to make nominations. Each Coaching Staff may vote for one athlete from the **1st team performers**

Divisional Coaching Staff of the Year Ballot

City High, Cedar Falls, Cedar Rapids Xavier, Cedar Rapids Prairie, Cedar Rapids Washington, Dubuque Senior, Waterloo East, Western Dubuque

Coaching Staff _____

Note: Coaches will meet AFTER the 4x400 to vote. You may only vote for one school's coaching staff and you may vote for your own school

MVC ALL-ACADEMIC Awards

Athlete _____ School _____

Athlete _____ School _____



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MVC GIRLS TRACK & FIELD RECORDS

| RUNNING EVENTS | ATHLETE(S) | SCHOOL | EFFORT | YEAR |
|--------------------|---------------------------------------------------------------|-----------------------------------------|------------|--------------|
| 100m Dash | Kerris Roberts | Waterloo East | 0:11.93 | 2017 |
| 200m Dash | Kerris Roberts | Waterloo East | 0:24.65 | 2017 |
| 400m Dash | Kelly Krei | Iowa City High | 0:56.13 | 2007 |
| 800m Run | Stephanie Jenks | Linn-Mar | 2:12.75 | 2015 |
| 1500m Run | Michelle Lillenthal | Iowa City High | 4:37.15 | 2000 |
| 3000m Run | Michelle Lillenthal | Iowa City High | 9:55.38 | 1999 |
| 100m Hurdles 30" | Teesa Price | Iowa City High | 0:14.10 | 1998 |
| 100m Hurdles 33" | MiAsia Bergmann | Cedar Rapids Jefferson | 0:15.14 | 2018 |
| 400m Hurdles | Payton Wensel | Linn-Mar | 1:01.56 | 2018 |
| Shuttle Hurdle 30" | K. Scholl, Pearl Ma, Jill Arganbright, Misa Nakato | Iowa City West | 1:03.51 | 1999 |
| Shuttle Hurdle 33" | T. Jacobson, S. Kitterman, A. Ranschau, M. Ranschau | Jefferson | 1:05.47 | 2013 |
| 4 X 800 Relay | N. Tretz, M. Mims, J. Funk, M. Reed | Iowa City High | 9:11.39 | 2002 |
| 1600 Medley Relay | K. Vanderah, V. Monagan, J. Myatt, M. Novotny | Iowa City High | 4:09.90 | 1992 |
| 4 X 200 Relay | A. Ranschau, J. Blue, M. Meese, L. Schneekloth | Cedar Rapids Jefferson | 1:42.58 | 2015 |
| 800 Medley Relay | L. Schneekloth, M. Meese, A. Ranschau, J. Blue | Cedar Rapids Jefferson | 1:47.78 | 2015 |
| 4 X 100 Relay | Shamya Jenkins, Kerris Roberts, Amanee Clark, Alanna Muhammad | Waterloo East | 0:48.86 | 2017 |
| 4 X 400 Relay | M. Sabers, K. Mims, S. Mueller, K. Krei | Iowa City High | 3:56.86 | 2007 |
| High Jump | Ann Mudd, Janine Gremmel | Cedar Rapids Kennedy Dubuque Wahlert | 5' 6 1/2" | 1983 1988 |
| Long Jump | Kiera Washpun | Iowa City High | 19' 1-1/4" | 2014 |
| Shot Put | Danica Haight | Iowa City West | 46' 1-1/2" | 2007 |
| Discus | Taylor Freeman | Iowa City West | 153'4" | 2008 |



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Last Revised
04/18

SECTION 11 – TRACK & FIELD (Men’s and Women’s)

- A. The Conference shall hold two varsity/junior varsity (boys will be varsity/sophomore) divisional meets at separate sites two weeks prior to the State Meet.
1. The preferred rain date is Friday.
- B. In the Divisional Meets, the IGHSAU/IHSAA Order of Events will be followed. Lower level events precede varsity events in the Divisional Meet.
- C. Two (2) entrants in each individual event and one (1) relay team per school shall be allowed. One exception for this event limit is the **GIRLS** JV 3000 Meter Run, which shall have unlimited entries.
- D. Sophomores (and freshmen who qualify under Article X, Section 5-C of these Bylaws) shall be allowed to compete in both the varsity and sophomore/JV meets, except they may not compete in the same events in both meets.
- E. In the Divisional Meets:
1. The meet manager lists the individual and relay times and distances next to the heat/section and flight assignments for each individual school's participants. In events that are run as final events based on qualifying times, the Clerk of Course may combine sections if necessary.
 2. No less than three (3) teams compete in any relay section except in the Shuttle Hurdle Relay where no less than two (2) teams may compete in a given section. The last section will be the fast section.
 3. Seeding times shall be rounded to the hundredth of a second. Heats/sections may be combined if fewer entries dictate.
 4. At the start of the MVC Meets, two (2) coaches will be selected to assist the starter/referee with protests during the meet. The starter/referee makes the final decision by the completion of the meet.
 5. Six (6) place scoring will be used in the Divisional meets (10-8-6-4-2-1). Team scores will be kept for both the junior varsity and varsity meets.
 6. Following the National Federation rules, all clerical errors in placing competitors must be called to the attention of the meet manager within 30 minutes following the completion of the meet.
 7. Divisional track meets will only be held on 8 lane tracks.
 8. Athlete-of-the-Year: The Athletic Director advisor and coaches shall select a Divisional Athlete-of-the-Year at a coaches meeting after the completion of the 4x400 relay. Nominations will be accepted from 1st Team Selections.
 9. Coach-of-the-Year: The Athletic Director advisor and coaches shall select a Divisional Coach-of-the Year by confidential vote of the coaches.
- F. Awards
1. The Conference shall award an All-Academic certificates as described in Article X, Section 8, item D.
 2. All Conference certificates in track shall be determined by place finish in their respective Division (Mississippi and Valley). First Team consists of the 1st and 2nd place finishers in individual events and the 1st place team in the relay events.



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Second Team consists of the 3rd and 4th place finishers in individual events and the 2nd place team in the relay events. The Honorable Mention Team will consist of the 5th and 6th place finishers in individual events and the 3rd place team in relay events.

Divisional:

Varsity – Large medals for places 1-3 for every individual and relay event.

JV – Small medals for places 1-3 for every individual and relay event.

G. LANE ASSIGNMENTS FOR RUNNING EVENTS – DIVISIONAL MEETS:

2. 8 LANE TRACK

3200/3000, 1600/1500, 800 (Double Waterfall)

| | | | | | | | | |
|------|-------|-----|-----|---|---|-----|------|-------|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | 13,11 | 9,7 | 5,3 | 1 | 2 | 4,6 | 8,10 | 12,14 |

400 & 400 LH (two turn stagger); 100, 200, 100/110 hurdles (lanes)

Section I

| | | | | | | | | |
|------|---|----|----|---|----|----|----|---|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | | 13 | 11 | 9 | 10 | 12 | 14 | |

Section II

| | | | | | | | | |
|------|---|---|---|---|---|---|---|---|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | 7 | 5 | 3 | 1 | 2 | 4 | 6 | 8 |

4 x 800 (Double Waterfall), 4 x 100 (two turn stagger), 4 x 200 (four turn stagger) 4 x 400 & Sprint Medley & Distance Medley (three turn stagger)

| | | | | | | | | |
|------|---|---|---|---|---|---|---|---|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | 7 | 5 | 3 | 1 | 2 | 4 | 6 | 8 |

Shuttle Hurdle Relay (lanes)

Section I

| | | | | | | | | |
|------|---|---|---|---|---|---|---|---|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | | 7 | | 5 | | 6 | | 8 |

Section II

| | | | | | | | | |
|------|---|---|---|---|---|---|---|---|
| Lane | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Seed | | 3 | | 1 | | 2 | | 4 |



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MVC Divisional Meet Preferred Time Schedule

8 Lane Track

4:30

Field Events

Varsity Discuss and JV Shot Put First

Varsity Long Jump and JV High Jump First

5:00

Sprint Medley Relay (2 sections)

5:20

3000/3200 Meter Run (1 section – JV/V)

5:50

4x800 Meter Relay (2 sections)

6:05

Shuttle Hurdle Relay (4 sections)

6:15

100 Meter Dash (4 sections)

6:30

Distance Medley Relay (2 sections)

6:40

400 Meter Dash (4 sections)

6:50

4x200 Meter Relay (2 sections)

7:05

100/110 Meter Hurdles (4 sections)

7:15

800 Meter Run (2 sections)

7:25

200 Meter Dash (4 sections)

7:40

400 Meter Hurdles (4 sections)

7:50

1500/1600 Meter Run (2 sections)

8:05

4x100 Meter Relay (2 sections)

8:15

4x400 Meter Relay (2 sections)



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H. FIELD EVENTS:

1. In all varsity field events, except the high jump, each competitor is entitled to three preliminary trials. The number of qualifiers to the finals in the varsity field events, except the high jump, shall be eight (8). In all varsity field events, except the high jump, competitors shall receive three final trials. In JV competition, each competitor in the shot put, long jump, and discus will be given four trials with no final trials.

2. To accommodate competitors who may be excused to participate in other events, successive attempts may be allowed. (See NFSH rule 6-2-6 (throws) 7-2-6 (jumps).)

3. Shot and Discus (throwing order); Long Jump (jumping order):

| | | | | | | | | | |
|-----------|------|----|----|----|----|----|----|----|---|
| Flight I | Seed | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 |
| Flight II | Seed | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

Mark and measure each throw to the lesser inch if over 100 feet and to the lesser 1/4 inch if under 100 feet. All implements shall be weighed and marked and become part of the pool.

4. High Jump:

Jumpers will be listed for competition in order from seed 14 to seed 1 in Divisional meets and competition will be conducted with a continuing flight of 3 to 5 jumpers.

In varsity womens competition, the starting height in the high jump is 4'6". The bar will be raised two inches at a time to five feet, then one inch at a time. In JV competition, the starting height in the high jump is 4'0".

In varsity mens competition, the starting height in the high jump is 5'8". The bar is raised two inches each time to six feet and one inch after six feet. In sophomore competition, the starting height in the high jump is 5'0".