

BETTENDORF HIGH SCHOOL
ATHLETIC/ACTIVITIES
3333 18TH STREET
BETTENDORF IA 52722



COLIN WIKAN
ATHLETIC/ACTIVITIES
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BETTENDORF HIGH SCHOOL
Boys Triangular TRACK AND FIELD INVITATIONAL

Monday, March 26th, 2018 at 4:00 P.M.

Participating Schools:

Bettendorf, Clinton, North Scott

- Field Events beginning at 4:00 p.m.
- Running Events beginning at 4:30 p.m. We would like to begin the 800m SMR @ 4:30 pm
- All running events are a timed final.
- State rules on event limitation will be followed.

Entry Fee: \$100.00 per team.

Entries:

- Entries will be made online at www.directathletics.com
 - Individual Events
 - 3 varsity athletes/event
 - 4 JV athletes/event
 - Unlimited JV in field events, 800, 1600, 3200
 - Relay Events
 - You may enter 1 varsity relay and 2 JV relays
- Registration begins: Tuesday- March 20, 2018 12:00 PM
- Registration closes: Sunday - March 25, 2018 12:00 PM
- You may make changes and updates prior to the closing time

Coaches: Please double-check that you have entered every name of your team roster on the direct athletics website. Athletes who are not listed at the completion of registration will not be added at the meet and they will not compete!

- We will supply starting blocks. You must supply your own batons.
- We have a polyurethane all-weather track. Wear no spikes longer than ¼ inch.
- High Jump & Long Jump - all weather. Shot & Discus - cement surface.

Heats & Sections will be available at the track for coaches to make any last minute changes and/or scratches. After all changes have been made up-dated heat and section

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**sheets will be available for the asking. JV heats will run first followed by varsity heats.
Distance races will be combined**

WORKERS

- We will need each school to help assist in working the field events. Please have a capable adult in charge...athletes can assist too
 - North Scott → High Jump
 - Clinton → Long Jump
 - Bettendorf → Shot and Discuss

LONG JUMP:

- Long jump will be contested at east end of football field.
- Only jumpers and coaches are allowed in the infield.

SHOT PUT and DISCUS

- Throwing areas are behind the bleachers on the South side of the track.
- Scratches and changes can be made in the gymnasium as you arrive at the meet. Gym is on walkway down to track.

Online Entries

Go to: Web Link: www.directathletics.com

- Login
- **Registration begins: Tuesday- March 20, 2018 12:00 PM**
- **Registration closes: Sunday - March 25, 2018 12:00 PM**

If you need additional information contact:

Colin Wikan, Bettendorf High School A.D. cwikan@bettendorf.k12.ia.us 563-332-4516
David Terronez, BHS Boys Head Track Coach, david.terronez@rimsd41.org 563-505-2440

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**BETTENDORF Boys Triangular Track Meet
Monday March 26, 2018**

Events and Order of Events:

All Final Events

FIELD EVENTS 4:00 P.M.

Discus	1 ring
Shot Put	1 ring
High Jump	1 pit (starting height 4'10", goes up 2")
Long Jump	West Pit (cafeteria style with 90 min time limit for 4 jumps)

RUNNING EVENTS 4:30PM

800m SMR
3200
4 x 800
SHR
100
DMR
400
4 x 200
110H
800
200
400H
1600
4 x 100
4 x 400

- **Scoring:**

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-
- **Individual 5-3-2-1**
 - **Relays 5-3**