



CLINTON HIGH GIRLS' EARLY BIRD INVITATIONAL

RIVER KING & QUEEN ATHLETIC COMPLEX 1650 S. 14TH ST. CLINTON, IA 52732

- DATE:** March 22, 2018
- TEAMS:** Clinton, DeWitt, Anamosa, Dubuque Wahlert Catholic
- LOCATION:** River King & Queen Athletic Complex
- VENUE INFO:** **Access** – Only athletes, coaches, and staff are allowed on the track level
Spectators – \$5.00 per person. Seating is available in the bleachers
Concessions – Concessions will be open
Hospitality Room – There will be a hospitality room for all coaches and event staff
Team Tents/Camps - All teams will be asked to set up their tents and team camps on the opposite side of the bleachers in the grass areas. **THERE IS NO FOOD OR DRINKS ALLOWED ON THE INFIELD**
- MEET SCHEDULE:** Coaches Meeting: 3:30 pm
Field Events: 4:00 pm
Running Events: 4:30 pm
- ENTRY FEE:** \$50.00 payable to Clinton High Athletics
- ENTRIES:** **Varsity:** 2 entries per individual event & 1 relay per school
JV: Unlimited individual events & 1 relay per school
Entries open Thursday, March 15th and entries are due by 8:00 pm on Wednesday, March 21st
- Entries must be entered at <http://www.directathletics.com>**
- There will be no changes/substitutions the day of the meet, only scratches the day of the meet.**
- EQUIPMENT:** Rubber track and runways-1/8" spikes. Starting blocks will be provided.
- AWARDS:** N/A
- TIMING/SCORING:** AccuRace Timing Services – www accuracetimeing.com Individual: 8-6-4-2-1 Relays: 8-6-4-2
- HEATS:** JV heats will run first, followed by varsity.
- FIELD EVENTS:** 4:00 pm
Shot Put
Discus
Long Jump (cafeteria style with 90 minute time limit for the 4 jumps)
High Jump (varsity 4'4", JV 4'0, goes up 2" until 5'0 and then it goes up 1" at a time)

RUNNING EVENTS:

4:45 pm

Sprint Medley Relay
3000 M Run
4 X 800 M Relay
Shuttle Hurdle
100 M Dash
Distance Medley Relay
400 M Dash
4 X 200 M Relay
100 Hurdles
800 M Dash
200 Dash
400 Hurdles
1500 M Run
4 X 100 M Relay
4 X 400 M Relay

EXCHANGE ZONES:

4 x 1 Relay Zone 1 Clinton Coach/ Zone 2 Clinton Coach/ Zone 3 Wahlert Coach

4 x 2 Relay Zone 1 Anamosa Coach / Zone 2 DeWitt Coach