

Athletics & Activities

Clinton High School



CLINTON HIGH GIRLS' EARLY BIRD INVITATIONAL

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

DATE: March 24, 2026

TEAMS: Clinton, Central DeWitt, Dubuque Wahlert, North Scott, Western Dubuque

LOCATION: River King & Queen Athletic Complex

VENUE INFO: Access – Only athletes, coaches, and staff are allowed on the track level

Spectators – \$10.00 per person. Seating is available in the bleachers. Clinton is cashless this year at the gate, you can buy beforehand using this or at the gate

Concessions – Concessions will be open and will take cash or card

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: 3:45 pm
Field Events: 4:00 pm
Running Events: 4:30 pm

ENTRY FEE: \$80.00 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 are due by 12:00pm on Monday, March 23.

Entries must be entered at: MileSplit at ia.milesplit.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.accuracetiming.com Individual: 8-6-4-2-1 Relays: 8-6-4-2

HEATS: JV heats will run first, followed by varsity.

FIELD EVENTS: 4:15 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 (JV, Weight Woman's, Varsity)

4 X 400 M Relay

EXCHANGE ZONES:

4 x 1 Relay Zone 1 - Clinton Coach; Zone 2 - North Scott Coach; Zone 3 - Wahlert Coach

4 x 2 Relay Exchange Zone - W.D. Coach

SMR Zone 1 - Clinton, Zone 2 - NS

DMR Exchange Zone - Wahlert