



CLINTON HIGH SCHOOL

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CLINTON, IA 52732
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Justin Remington
Athletic Director

CLINTON HIGH GIRLS EARLY BIRD INVITATIONAL
RIVER KING & QUEEN ATHLETIC COMPLEX 1650 S. 14TH ST. CLINTON, IA 52732

DATE: March 28, 2017 TEAMS: Clinton, Camanche, DeWitt, North, Anamosa & Wahlert Catholic

TIME: Coaches Meeting: 3:30 pm
Field Events: 4:00 pm
Running Events: 4:45 pm

ENTRY FEE: N/A

ENTRIES: Varsity: Two entries per event and one relay per school. JV: Unlimited.
Entries open Monday, March 20th. Entries are due by 12:00 pm on Monday, March 27th.
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 SCORING: Individual: 8-6-4-2-1 Relays: 8-6-4-2

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 Camanche Coach/ Zone 2 North Coach/ Zone 3 Wahlert Coach

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