



**DAVE MATTHEWS RELAYS
BOYS VARSITY/JUNIOR VARSITY TRACK & FIELD INVITATIONAL
MONDAY, APRIL 27, 2015**

Participating Schools

Bettendorf, Clinton, Cedar Rapids Kennedy, Davenport North, Davenport West, Muscatine, North Scott, Pleasant Valley

The Dave Matthews Relays will be held **Monday, April 27, 2015.**

- **Please send an E-Mail address for heat/lane assignments and up-dated pre-meet information to:**
wash@machlink.com
- Field Events begin at 4:30 p.m.
- Running Events begin at 5:00 p.m.
- All running events are a timed final.
- Two divisions – Junior Varsity and Varsity.
- State rules on event limitation will be followed.
- Two entries per individual event and one relay entry per school per division.

Entries:

- **Entries will be made on-line at (<http://www.aspimeetz.com/20936>)**
- **Registration begins **Monday, April 20 (7:00 A.M.)****
- **Registration closes **Sunday, April 26 (8:00 P.M.)****
- **Please remember that when you enter times on ASPI, submit all times as FAT. For any hand-held times that you are entering, please add .24. This will ensure that all seeding times are fair and equal.**
- **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 ASPIMEETZ site. Athletes who are not listed on the website will not be added at the meet and they will not compete!

Scoring: Individual Events: 10-8-6-4-2-1 Relay Events: 10-8-6-4-2-1

Awards: Varsity Division: medals will be awarded to the first three places in individual events and relays.
JV Division: medals will be awarded to first place finishes in individual events and relays.
A team plaque will be awarded to the first place varsity team.

Please note:

- Entry fee is \$80.00.
- We will supply starting blocks.
- We have a polyurethane all-weather track. Wear no spikes longer than ¼ inch.
- High Jump & Long Jump - all weather. Shot & Discus - cement surface.
- **Coaches Meeting at 4:00 P.M. (near the finish line area). Any up-dated lane assignments will be distributed for any entry changes. Remember: All athletes must be registered and listed on-line.**
- **There will be a Weightman's 4 x 100m Relay contest prior to the JV 4 x 100m event. One relay team entry per school/one division only. This relay will not be scored.**
- Muscatine will declare/score 2 entries in the J.V. shot put and discus, but retains the right to have unlimited entries in these two events for measuring purposes only.

If you need additional information contact:

- Andy Werling, MHS A.D. andy.werling@mcsdonline.org / 563- 263-6141, ext 1104
- Chris Foxen, MHS Boys Head Track Coach, chris.foxen@mcsdonline.org / 563- 263-6141, ext. 1378
- Dick Washburn wash@machlink.com cell 563-299-3311



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MEET SCHEDULE:

FIELD EVENTS: 4:30 P.M.

Long Jump:	4 Jumps	Varsity followed by JV
High Jump:	Opening Height 5' 2"	JV Followed by Varsity
Discus:	4 Throws	Varsity followed by JV
Shot Put:	4 Throws	JV followed by Varsity

RUNNING EVENTS: 5:00 P.M.

All Running Events are competed JV first, followed by Varsity

3200m Run

4 x 800m Relay

*****Introduction of MHS Boys Track Seniors and Parents*****

Shuttle Hurdle Relay

100m Dash

400m Dash

4 x 200m Relay

110m High Hurdles

1600m Run

200m Dash

400m Low Hurdles

1600m Medley Relay

800m Run

*****Weightman's 4 x 100m Relay*****

4 x 100m Relay

4 x 400m Relay

Scoring:

- Individual: 10-8-6-4-2-1
- Relays: 10-8-6-4-2-1



**MUSCATINE ACTIVITIES DEPARTMENT
M E M O**

TO: Teams participating in the **MHS Dave Matthews Boys Track & Field Invite**

FROM: Andy Werling, A.D.

RE: Entry Fee

The Entry Fee is **\$80.00** per team for the **MHS Dave Matthews Boys Track & Field Invite** to be held **April 27, 2015.**

Please make checks payable to:

Muscatine High School
2705 Cedar Street
Muscatine, IA 52761

Thank you for your prompt attention in this matter. If you have questions, please call the Activities Office at Muscatine High School (563-263-6141, ext. 1114)