



2023 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Hosted By:



MAY 2, 2024

4:00 P.M. Field Events, 4:30 Running Events

LOCATION:

Central DeWitt High School 519 East 11th Street, DeWitt, IA 52742

TEAMS:

Bettendorf, Central DeWitt, Clinton, Davenport Assumption, Davenport Central, Davenport North, Davenport West, Muscatine, North Scott, Pleasant Valley

AWARDS:

Varsity Only – Medals will be awarded to the first six individual places and the first three relay places.

SCORING:

All events will be scored 10-8-6-5-4-3-2-1

ENTRIES:

This year, all results and entries will be handled by AccuRace Timing Services. Please click on the link here to register at: <https://ia.milesplit.com/>

Entries due by Wednesday, May 1st at NOON

Any/All substitutions must be finalized by Thursday May 2nd by 10:00 AM

2 Varsity Individual events, 1 Varsity Relay

2 JV Individual events, 1 JV Relay

Track: 400-meter polyurethane track-1/4 spikes on track, long jump & high jump. Shot & discus rings are concrete.

No Camps Inside Fence

Admission: \$6.00

Concessions: Full concession stand.

GAMES COMMITTEE: Central DeWitt, North Scott, Pleasant Valle

FIELD EVENTS

JV High Jump-starting height (4')/Varsity High Jump - starting height (4'4")

5 - Alive Format (all athletes will compete together)

Varsity Long Jump/JV Long Jump, 3 prelims, 3 Finals (9 to the Finals)

JV Shot Put/Varsity Shot Put, 3 prelims, 3 Finals (9 to the Finals)

Varsity Discus/JV Discus, 3 prelims, 3 Finals (9 to the Finals)

RUNNING EVENTS- All Finals

JV followed by Varsity, slower heats will compete first

800 M Sprint Medley Relay (100,100,200,400)

3,000 M Run

4 x 800 M Relay

Shuttle Hurdle Relay (33")

100 M Dash

1,600 M Distance Medley Relay (200,200,400,800)

400 M Dash

4 x 200 M Relay

100 M Hurdles (33")

800 M Run

200 M Dash

400 M Hurdles

1,500 M Run

4 x 100 M Relay

4 x 400 M relay



MAC Coach of the Year Ballot

Bettendorf – Chuck Kalar
Central DeWitt – Eric Olson
Clinton – Tony Steen
Davenport Assumption – Tim O’Neill
Davenport Central – Mike Trujillo
Davenport North – Tammy Vesey
Davenport West – Arron Rietz
Muscatine – Caleb Hainey
North Scott – Troy Matthiadess
Pleasant Valley – Kenny Wheeler

* Please return the ballot to the check in clerk table by the start of the 4x100 relay*

First Choice: _____

Second Choice: _____

Third Choice: _____

School Voting: _____

Coach Name: _____