



Muscatine High School
Activities Department
2705 Cedar St
Muscatine, IA 52761



DATE: Monday, May 9, 2016

TIME: 4:30 p.m. – Both Field Events and Running Events

GIRLS DIVISION: CR Kennedy (CRK) IC West (ICW)
Muscatine (MUS) Linn-Mar (LM)

BOYS DIVISION: CR Kennedy (CRK) IC West (ICW)
Muscatine (MUS) Linn-Mar (LM) City High(ICH)

ENTRY FEE: \$40.00 per gender - \$80.00 for both boys and girls

AWARDS: Medals to first, and second place in all individual events and relays.
(No Team Award)

ON-LINE ENTRIES: **Entries open at 7AM on Wednesday, May 4th.** All entries should be submitted on-line at
<https://www.aspimeetz.com/MeetParticipant/MeetSignUp.aspx?IDMeet=g20160305022555958e17ae7e4399548>

This must be completed and **declared by 8:00pm on Sunday, May 8th.**

You may enter up to four (4) per school in the individual events and two entries per school in the relays. Unlimited entries in the 1500/1600/3000/3200.

We PREFER that you enter your relay names in ASPI by the deadline noted.

Athletes who are not listed on your website roster will not be added at the meet and they will not compete!

CHANGES/SUBSTITUTIONS/SCRATCHES:

Prior to noon on May 9 email changes to wash@machlink.com

Final changes will be done prior at a 4pm Coach Meeting in the finish line.

GENERAL INFORMATION:

1. Three preliminary attempts in the shot, discus and long jump. 8 advance to the finals for 3 finals trials. Shot and discus are cement
2. No Team Scoring.
3. Pick up and dispose of your own trash properly before leaving.
4. We have an 8-lane, all-weather track and limit all spikes to 1/4" or less.
5. Please ask athletes to stay off the infield area. Warm-up on the backstretch and in the outside four lanes.

If you need additional information, please contact:

AD Andy Werling – andy.werling@mcsdonline.org 563- 263-6141, ext 1104

Chris Foxe Boys Varsity Track Coach - chris.foxen@mcsdonline.org 563- 263-6141

Dick Washburn - wash@machlink.com Cell 563-299-3311

Andrew Werling, Activities Director
Muscatine High School
andy.werling@mcsdonline.org
(563) 263-6141 ext. 1104



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Order of Events

- 4:00 pm Report to Field Events & Entries finalized at coaches meeting at finish line
4:30 pm Start Field Events
Girls' High Jump followed by Boys' High Jump
Boys' Long Jump followed by Girls' Long Jump
Boys' Shot Put followed by Girls' Shot Put
Girls' Discus followed by Boys' Discus
Running events begin (heats run from slowest to fastest)
4:30 pm 3000 meter run (G)
4:50 pm 4x800 Relay (B)
5:05 pm 4x800 Relay (G)
5:20 pm 3200 meter run (B)
5:40 pm Shuttle Hurdle Relay (B)
5:50 pm Shuttle Hurdle Relay (G)
6:00 pm 100 meter dash (G)
6:05 pm 100 meter dash (B)
6:10 pm 1600 Distance Medley (G)
6:20 pm 400 meter dash (G)
6:30 pm 400 meter dash (B)
6:40 pm 4x200 Relay (G)
6:50 pm 4x200 Relay (B)
7:00 pm 100 meter hurdles (G)
7:05 pm 110 meter hurdles (B)
7:10 pm 1600 meter run (B)
7:20 pm 800 meter run (G)
7:30 pm 200 meter dash (G)
7:35 pm 200 meter dash (B)
7:40 pm 400 meter hurdles (G)
7:50 pm 400 meter hurdles (B)
8:00 pm 1600 Medley Relay (B)
8:10 pm 800 Sprint Medley (G)
8:20 pm 1500 meter run (G)
8:30 pm 800 meter run (B)
8:40 pm 4x100 Relay (G)
8:45 pm 4x100 Relay (B)
8:50 pm 4x400 Relay (G)
9:00 pm 4x400 Relay (B)

We will run ahead if possible

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MUSCATINE ACTIVITIES DEPARTMENT
M E M O

TO: Teams participating in the MHS JV Co Ed Invite
FROM: Andy Werling, A.D.
RE: Entry Fee

The Entry Fee is \$40.00 per gender for the MHS JV Co Ed Invite to be held May 9, 2016.

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)

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