



JV/VARSITY BOYS EARLY BIRD
MARCH 24, 2026
4:00 P.M. - FIELD EVENTS
4:30 P.M. - RUNNING

North Scott High School has an all weathered 8-lane track. Spikes should be ¼ inch or less. Your cooperation is appreciated.

Buses and Drop Off:

- Buses can drop off teams at the homeside of the football stadium. Buses should enter the stadium from South 5th Street. Buses need to park in the parking lot north of the football stadium along the sidewalk and fence outside of the stadium.
- This will make it easier for buses to park as the north lot will be filled with spectator parking and could be difficult for buses to turn around and park along the fence of the football stadium.
- If bringing vans please have them park near the buses in designated parking spots.

Spectator Parking

- Parking for spectators is available in various locations.
 - North Lot (Auditorium). Enter the parking lot from South 1st Street.
 - East Lot (Softball Field). Enter the parking lot from South 1st Street.
 - West Lot (Football Stadium) Enter parking lot from South 5th Street.
 - Various side streets around the football stadium.

Gates Open

- Gates will open to the public at 3:15pm for the track meet.

Admission Price

- Adults and Students - \$10.00.
- **North Scott is going cashless this season. You can purchase tickets online or at the gate. I have included the link to purchase online if individuals choose to purchase prior to the event.**
- <https://www.gobound.com/ia/schools/northscotteldridge/tickets>

Live Stream of Event

- Track meet will be live streamed on the NFHS Network. There is a small fee of \$10 to watch. Fee would include a full month of events to watch on the NFHS Network.
 - [NFHS Network](#)

Concessions

- A concession stand will be available and will be managed by the North Scott Athletic Boosters. No outside food or drink will be allowed in the venue.
- Cash and credit cards will be accepted.

Inclement Weather Protocol

- In case of inclement weather conditions and evacuation of the stadium is needed, teams and spectators will report to the following areas.
- Teams will be placed in the main gym in the high school.
- Spectators of all teams will also be asked to evacuate the stadium. Spectators will have the opportunity to use the high school gymnasium or the commons area located in the high school. Spectators can enter at Door 24S or Door 17.
- If the weather is too severe, we will place teams in the locker rooms in the building or various interior classrooms for safety.

ENTRY FEE: \$65.00

VARSITY SCORING:

- Relay 10-8-6-5-4-3-2-1
- Individual 10-8-6-5-4-3-2-1

JV events will not be scored.

ENTRIES

- All entries will be made on-line on Mile Split. Entries should be completed using the following link [Mile Split](#). The entry period will begin on March 17th. Changes can be made until 8pm on March 23rd.
- Your declared entries should be as accurate as possible. Any changes that are not sent in ahead of time should be made immediately upon your arrival at the meet. There will be a coaches meeting at 3:30pm for any final instructions.

RUNNING EVENTS

- Each school will be limited to three for varsity and three for JV. Exception: 800, 1600, and 3200 entries will be unlimited for JV. Each team will be allowed one varsity relay team and three JV relay teams.

FIELD EVENTS

- Each school may enter two Varsity individuals. Each individual will be permitted three tries in the shot, discus, and long jump, with the top nine going into the finals. Each individual in the finals will be allowed three more attempts. The starting height for high jump is 4'10". JV will have a max of 15 entries per school. Will be allowed three throws in shot put, discus and long jump with no finals.

TEAM CAMPS

- Camps may be set up in the visitor stands or the perimeter green space of the track. There will be no camps allowed on the infield or the home side bleachers.

FACILITIES

- We have limited locker room facilities, so please come dressed. Our track is made of an all-weather surface, therefore, spike limitations will be those of 1/4 inch or shorter. Our shot put and discus areas are concrete. Our long jump and high jump areas are all-weather.

LIMITATIONS

- IHSAA limitation rules will apply.

REPORTING FOR RUNNING EVENTS

All running event contestants should report to the clerk at the south end of the straightaway when the event call is made.

RESULTS

Results will be sent to your school the morning after the meet or may be viewed online at aspimeetz.com. If you would like a copy of the results sent to your local newspaper, please leave the newspaper's email address with the announcer in the press box.

TEAM WORKERS

We are asking that each school assist in the running of a field event. Each school has been assigned to the event listed below. Please supply a minimum of two workers with at least one being a capable adult. All schools will be asked to help assist with the running events.

- Central – High Jump
- Burlington/North – JV-Long Jump
- Clinton/Bettendorf – Varsity Long Jump
- Western Dubuque/West- Discus
- NS - Shot

TEAMS PARTICIPATING

- Bettendorf, Burlington, Central, Clinton, North, West, North Scott, Western Dubuque

ORDER OF EVENTS:

- 4:00 - Field Events
 - High Jump - Starting Height 4'10" JV and Varsity will go together.
 - Discus – Varsity first, followed by JV
 - Shot Put – JV first, followed by Varsity
 - Long Jump – JV and Varsity. 2 pits.
- 4:30 - Running
 - 800 Meter Sprint Medley Relay- JV followed by Varsity
 - 3200 Meter Run – JV, followed by Varsity
 - 4 X 800 Meter Relay – JV, followed by Varsity
 - Shuttle Hurdle Relay – JV, followed by Varsity
 - 100 Meter Dash – JV, followed by Varsity
 - 1600 Meter Medley Relay – JV, followed by Varsity
 - 400 Meter Dash – JV, followed by Varsity
 - 4 X 200 Meter Relay – JV, followed by Varsity
 - 110 Meter Hurdles – JV, followed by Varsity
 - 800 Meter Run – JV, followed by Varsity
 - 200 Meter Dash – JV, followed by Varsity
 - 400 Meter Hurdles – JV, followed by Varsity
 - 1600 Meter Run – JV, followed by Varsity
 - 4 X 100 Meter Relay – JV, followed by Varsity
 - 4 X 400 Meter Relay – JV, followed by Varsity

Exchange Zones

EVENT	START	FINISH	ID MARKS	Team
Sprint Medley Relay	White	White	1st Ex (100) white to white (3 curve stagger) 2nd Ex (200) white to white 3rd Ex (400) White to White Cut at Dashed green lines at beginning of straight-a-way of back stretch.	West 1st WD 2nd exchange
3000 Meter Run	White	White	Waterfall line at 200 start.	
3200 Meter Run	White	White	One turn Stagger - White Alleys - cut at Dashed green lines at beginning of straight-a-way of back stretch Waterfall: Cut when appropriate.	
4X800 M. Relay	White	White	One turn stagger – cut at pole (white dashes) Blue triangle exchange zones	
Boys Shuttle Hurdle Relay	White	white	Hurdle markings are white dashes. White dashes break line	NS
Girls Shuttle Hurdle Relay	White	white	Hurdle markings are red dashes White dashes break line	
100 Meter Dash	White	White	Run in lanes	
Distance Medley Relay	Blue	White	1 st ex – white to white (200) (4 turn stagger) 2 nd ex – Blue to Blue (400) Break line is green 3 rd ex – Blue to Blue (straight)	Central 1st exchange
400 Meter Dash	Yellow	White	Run in lanes	
4X200 Meter Relay	Green	White	1st Ex – Green to Green triangle 2nd Ex - Green to Green triangles 3rd Ex – Yellow -Yellow triangles (Last exchange solid red lanes)	Bett 2nd and 4th exchange
100 Meter Hurdles	White	White	Hurdle markings are yellow dashes.	
110 Meter Hurdles	White	White	Hurdle markings are blue dashes	
800 Meter Run	White	White	1 turn stagger-White 2 or 4 lane Alleys – break line (white) Runners must line-up behind white	

			dashed lines.	
200 Meter Dash	White	White	Run in lanes	
400 Meter Hurdles	Yellow	White	Hurdles set on green dashes	
1500 Meter Run	White	White	Waterfall Start Runners must line-up behind black dashed lines.	
1600 Meter Run	White	White	One turn Stagger - White Alleys Cut Line: Dashed gree lines at beginning of straight-a-way.	
4X100 Meter Relay	Yellow	White	1st-3rd Ex. Yellow to yellow (Red colored exchange zones)	North 1st Clin 2nd Burl 3rd
4X400 Meter Relay	Blue	White	1st Ex. Stagger Blue to Blue Pole cut (white dashes) (3 Turn Stagger) 2nd and 3rd Ex.: Solid Blue/Blue	NS

Respectfully,



Jason Schroeder, CMAA
Activities Director
North Scott High School