



**NORTH SCOTT HIGH SCHOOL
FROSH/SOPH BOYS AND JV GIRLS LANCER INVITATIONAL
APRIL 6, 2026
4:00 P.M. – FIELD EVENTS
4:30 P.M. – RUNNING EVENTS**

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

- 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.

Gates Open

- Gates will open to the public at 3:15pm for the track meet. We will only be using the homeside gate for entry.

Admission Price

- Adults and Students - \$6.00.
- **North Scott is a cashless entry. 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 Bettendorf Booster Club. No outside food or drink will be allowed in the venue.

- Cash or credit card 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 locker rooms at Lancer Stadium.
- Based on the weather and proximity teams may 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.

ENTRY FEE: \$90.00

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 30th. Changes can be made until 8pm on April 5th
- 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 may enter two individuals per running event and one relay team.

FIELD EVENTS

- Each school may enter two individuals. Each individual will be permitted four tries in the shot, discus, and long jump. There will be no finals in these events. Starting height for high jump is 4'0" for girls and 4'8" for boys.
- Long jump area is located on the northwest end of the football field.
 - Only long jump contestants and coaches are allowed in this area.
- High Jump is located on the north end of the track near the starting line area.
- Shot Put and Discus are behind the bleachers on the south side of the track.

RELAY CHANGES

- All coaches must report relay changes to the press box before the running events begin.

EXCHANGE ZONES

- Please see attached sheet for exchange zones and lane judging assignments. Each school has been assigned a race to judge exchange zones, in order to be more accurate in the exchange zones. Each coach will be assigned lanes 1-4 or 5-8.

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

- Locker room facilities will not be available, so please come dressed. Track is made of an all-weather surface, therefore, spike limitations will be those of 1/4 inch or shorter. Shot put and discus areas are concrete. Long jump and high jump areas are all-weather.

TEAM CAMPS

- Camps may be set up in the visitor stands or the perimeter green space of the track. There will be nothing allowed in the infield for team camps.

SCORING

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

TEAM AWARDS

- First place plaque presented to both boys and girls teams. Medals will be awarded to the top three places.

START TIMES

- Field events will begin at 4pm and running events at 4:30pm.

PARTICIPATING BOYS TEAMS

- Assumption, Bettendorf, Clinton, Davenport Central, Iowa City High, Muscatine, North Scott

PARTICIPATING GIRLS TEAMS

- Bettendorf, Clinton, Davenport West, Iowa City High, Muscatine, North Scott, Rock Island, Pleasant Valley

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 after the meet or may be viewed online on Bound. 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.

ORDER OF EVENTS

Field Events

4p.m. Girls Field Events – Long Jump and Shot Put (Boys shot put, Long Jump to follow)

4p.m. Boys Field Events – High Jump and Discus (Girls High Jump and Discus to follow)

Running Events

4:30 p.m. - Girls Sprint Medley Relay
Boys Sprint Medley Relay
Girls 3000 Meter Run
Boys 3200 Meter Run
Girls 4 X 800 Meter Relay
Boys 4 X 800 Meter Relay
Boys Shuttle Hurdle Relay
Girls Shuttle Hurdle Relay
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls Distance Medley Relay
Boys Distance Medley Relay
Girls 400 Meter Dash

Boys 400 Meter Dash
 Girls 4 X 200 Meter Relay
 Boys 4 X 200 Meter Relay
 Girls 100 Meter Hurdles
 Boys 110 Meter Hurdles
 Girls 800 Meter Run
 Boys 800 Meter Run
 Girls 200 Meter Dash
 Boys 200 Meter Dash
 Girls 400 Meter Hurdles
 Boys 400 Meter Hurdles
 Girls 1500 Meter Run
 Boys 1600 Meter Run
 Girls 4 X 100 Meter Relay
 Boys 4 X 100 Meter Relay
 Girls 4 X 400 Meter Relay
 Boys 4 X 400 Meter Relay

**North Scott Track
 Exchange Zones**

EVENT	START	FINISH	ID MARKS	Team
Sprint Medley Relay	Blue	White	1st Ex (100) white to white (3 curve stagger) 2nd Ex (200) white to white 3rd Ex (400) Blue to blue Cut at Dashed green lines at beginning of straight-a-way of back stretch.	City High Muscatine
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.	
4X800M. 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 B/G Teams
Girls Shuttle Hurdle Relay	White	white	Hurdle markings are red dashes White dashes break line	NS B/G Teams
100 Meter Dash	White	White	Run in lanes	
Distance Medley Relay	Blue	White	1 st ex – white to white (200) (4 turn	RI

			stagger) 2 nd ex – Blue to Blue (400) Break line is green 3 rd ex – Blue to Blue (straight)	PV
400 Meter Dash	Yellow	White	Run in lanes	
4X200 Meter Relay	Green	White	1st Ex – Green to Green triangles 2nd Ex - Green to Green triangles 3rd Ex – Yellow -Yellow triangles (Last exchange solid red lanes)	Bett B/G
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	NS Boys/Girls Teams
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 green lines at beginning of straight-a-way.	
4X100 Meter Relay	Yellow	White	1st-3rd Ex. Yellow to yellow (Red colored exchange zones)	Clinton, Central, West
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	

Respectfully,



Jason Schroeder, CMAA
Activities Director
North Scott High School