



---

**NORTH SCOTT HIGH SCHOOL  
JV/VARSITY LADY LANCER INVITATIONAL  
March 26, 2026  
4:00PM – FIELD EVENTS  
4:30PM – 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.

**Admission Price**

- Adults and Students - \$10.00.
- **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 Davenport Assumption Boosters. No outside food or drink will be allowed in the venue.
- Cash 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:** \$100.00

### **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 19<sup>th</sup>. Changes can be made until 8pm on March 25<sup>th</sup>.
- 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.

### **VARSITY ENTRIES**

- You can make two entries for individual events and one entry for relays.

### **JV ENTRIES**

- You can make one entry per school for JV relays. There will be no individual events for JV.

### **RUNNING EVENTS**

- Each school may enter two individuals per running event and one relay team. Each school may enter one JV relay team.

### **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 4'6".

### **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**

- We have limited locker room facilities, 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.

### **AWARDS**

- Team plaques will be given to the top varsity team. Individual medals and relay medals will be given to the top three places. JV medals will be given to the first place.

### **SCORING:**

- Relays: 10-8-6-5-4-3-2-1
- Individual: 10-8-6-5-4-3-2-1
- JV events will not be scored.

### **LIMITATIONS**

- IHSAA limitation rules will apply.

### **START TIMES**

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

### **TEAMS ENTERED**

- Bettendorf, Clinton, Cedar Rapids Jefferson, Davenport Central, Davenport North, Davenport West, Iowa City Liberty, Iowa City High, Dubuque Hempstead, Muscatine, North Scott, 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 the morning after the meet or may be viewed online at [aspimeetz.com](http://aspimeetz.com) or on Varsity 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**

#### **Lady Lancer Relays**

#### **4:00pm Field Events**

High Jump - Starting Height 4'6"  
Long Jump  
Varsity Discus .  
Varsity Shot Put

#### **4:30pm Running**

Sprint Medley Relay, JV followed by Varsity  
3000 Meter Run  
4 X 800 M Relay, JV followed by Varsity  
10 Flight Shuttle Hurdle Relay, JV followed by Varsity

#### **Senior Night**

100 M Dash  
100 M Wheelchair

Distance Medley Relay, JV followed by Varsity  
 400 M Dash  
 400 M Wheelchair  
 4 X 200 M Relay, JV followed by Varsity  
 100 M Hurdles  
 800 M Run  
 200 M Dash  
 400 M Hurdles  
 1500 M Run  
 4 X 100 M Relay, JV followed by Varsity  
 4 X 400 M Relay, JV followed by Varsity

**North Scott Track  
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.	<b>Bett 1st Clinton 2nd</b>
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	
Girls Shuttle Hurdle Relay	White	white	Hurdle markings are red dashes White dashes break line	<b>NS</b>
100 Meter Dash	White	White	Run in lanes	
Distance Medley Relay	Blue	White	1 <sup>st</sup> ex – white to white (200) (4 turn stagger) 2 <sup>nd</sup> ex – Blue to Blue (400) Break line is green 3 <sup>rd</sup> ex – Blue to Blue (straight)	<b>Liberty/ North 1st</b>

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)	<b>1st n 3rd City/ DC</b>
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 green lines at beginning of straight-a-way.	
4X100 Meter Relay	Yellow	White	1st-3rd Ex. Yellow to yellow (Red colored exchange zones)	<b>NS West CRJ</b>
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