



Pleasant Valley High School Spartan Track & Field Invitational **Friday, March 31, 2017**

Pleasant Valley High School is looking forward to hosting the Spartan Track and Field Invitational. We are proud to be hosting this event and hope that you will enjoy the competition. If the meet is cancelled, it will **not** be rescheduled.

Location: The track is located on the campus of Pleasant Valley High School. It is an 8 lane track. The long jump and high jump areas are constructed with the same surface as the track. Please instruct your athletes that spikes cannot exceed ¼ inch in length.

Parking: Please use the West parking lot (score board side of field) to drop off and park.

Time: We will start the **field events** at **4:00 p.m.** and the **running events** at **4:30 p.m.**

Competition/Participation Rules: All competitors must follow IHSA rules. Athletes may compete in as many as four events.

Participating Teams: Pleasant Valley, DeWitt, Clinton, Dubuque Senior, Dubuque Hempstead, Muscatine, North Scott, and Western Dubuque

Entries: Entries will be made through DirectAthletics at www.directathletics.com. **Entry deadline is Thursday, March 30, at noon.**

Entry Limits Running: Each team may enter 3 individuals in open events and 2 relays. The A team relay will be scored, but the B team will be considered Junior Varsity and excluded from the team score.

Entry Limits Field Events: 3 varsity individuals in the high jump, long jump, discus, and shot. You may also enter 3 individuals in the JV shot and JV discus.

Scoring: Individual Events: 10, 8, 6, 4, 2, 1 Relay Events: 10, 8, 6, 4, 2, 1
The weightmen's relay will not be scored. Only the varsity relay will count in the scoring.

Competitor Check In: All competitors must check in with the clerk of the course prior to the start of their event. The check in area will be located on the infield on the West end of the stadium.

Equipment: All teams are responsible for supplying their own batons and throwing implements. Shot Puts must be weighed in at the ring by 4:00 p.m. We will provide starting blocks. The IHSA uniform rule will be followed in both running and field events.

Awards: A trophy will be awarded to the team champion. Medals will be awarded to the top 3 in open events and the top 3 varsity relays.

Concessions: There will be a concession stand available.

Contacts: D'Anne Kroemer, AD 563-332-5309
Chris Bryant, Head Boys Coach 563-340-8241

2017 Spartan Track and Field Invitational

Order of Events

4:00 PM Field Events Begin

Discus– Varsity first followed by JV (4 attempts-no finals)

Long Jump– 4 attempts

High Jump – 3 misses, Opening height of 5'2

Shot Put – JV first followed by Varsity (4 attempts-no finals)

4:30 PM Running Events Begin

- Event 1 JV 800 Meter Sprint Medley Relay
- Event 2 Varsity 800 Meter Sprint Medley Relay
- Event 3 3200 Meter Run
- Event 4 JV 4 x 800 Meter Relay
- Event 5 Varsity 4 x 800 Meter Relay
- Event 6 JV Shuttle Hurdle Relay
- Event 7 Varsity Shuttle Hurdle Relay
- Event 8 100 Meter Dash
- Event 9 JV1600 Meter Medley Relay
- Event 10 Varsity1600 Meter Medley Relay
- Event 11 400 Meter Dash
- Event 12 JV 4 x 200 Meter Relay
- Event 13 Varsity 4 x 200 Meter Relay
- Event 14 110 Meter High Hurdles
- Event 15 800 Meter Run
- Event 16 200 Meter Dash
- Event 17 400 Meter Low Hurdles
- Event 18 1600 Meter Run
- Event 19 JV 4 x 100 Meter Relay
- Event 20 Varsity 4x 100 Meter Relay
- Event 21 Weightmen's 4 x 100 Meter Relay (One Heat)
- Event 22 JV 4 x 400 Meter Relay
- Event 23 Varsity 4 x 400 Meter Relay

