



Pleasant Valley High School Spartan Track & Field Invitational
Thursday, March 26, 2026

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 Invitational is cancelled, it will not be rescheduled.**

Parking: All teams MUST drop off, pick up and park in the PV Baseball/Softball lot across from SCC.

Entry Fee: \$100

Time: 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 Mile Split Iowa at **ia.milesplit.com/**. **Entry deadline is Wednesday, March 25, NOON - scratches only the day of the meet.**

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.
3 JV individuals in the shot and JV discus

Scoring: Individual Events: 10, 8, 6, 5, 4, 3, 2, 1 Relay Events: 10, 8, 6, 5, 4, 3, 2, 1
The weight men'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 varsity events and the top 3 varsity relays.

Concessions: There will be a concession stand available.

Contacts: D'Anne Kroemer, AD 563-332-5151
Erik Belby, Head Boys Coach 563-343-9302

2026 Spartan Track and Field Invitational

Order of Events

4:00 PM Field Events Begin

Discus– Varsity first – Prelim (3)/Finals (3) – 9 to finals

JV second – 4 attempts, no finals

Long Jump– (4 attempts – no finals)

High Jump – 3 misses - opening height of 5'2

Shot Put – JV first 4 attempts-no finals

Varsity second – Prelim (3)/Finals (3) – 9 to finals

**Para Shot

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

100 Meter Para

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

**Pleasant Valley Senior Night Recognition

Event 15 800 Meter Run

Event 16 200 Meter Dash

200 Meter Para

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 Weightman's 4 x 100 Meter Relay (One Heat)

Event 22 JV 4 x 400 Meter Relay

Event 23 Varsity 4 x 400 Meter Relay

