



**2017 Spartan Girls Track and Field Invite
Varsity & Junior Varsity
Friday, April 7, 2017**

Competing Teams: Pleasant Valley, Bettendorf, Linn-Mar, Iowa City High, North Scott,
Iowa City West, Wahlert Catholic, Cedar Rapids Kennedy

Entry Fee: \$75.00

Start Time: 4:00pm Start for Field Events 4:30pm Start for Running Events

Entries: Entries will be through DirectAthletics at www.directathletics.com

Registration begins Monday, April 4 at 10:00am and closes Thursday, April 6th @ 12:00 pm.

Entry Limits:

- *Varsity Teams may enter 2 competitors in each field event
- *JV Teams may enter 3 competitors in each field event
- * Varsity & JV Teams may enter 2 competitors in each individual running event and 3 in the 1500 & 3000
- * Varsity & JV Teams may enter 1 team in each Relay event.
- * Varsity and JV Team Scores will be calculated.

Scoring: Individual Events: 10, 8, 6, 4, 2, 1 Relay Events: 10, 8, 6, 4, 2, 1

Awards:

Medals are awarded to first three places in all Varsity and JV events – individual and relays.
A Team Championship Award will be presented to the Varsity Team Champion.

Extras:

- All track and jump surfaces are polyurethane rubber limited to ¼" spikes or less. The shot and discus are cement.
- We will furnish all the starting blocks.
- Please instruct your athletes to warm up in the outside lanes
- Please have all individual event runners and relay teams report to clerk of the course when called.
- Any competitor reporting after the 1st section is called to the line will not participate.

Questions: Please don't hesitate to contact us if you have any questions.

- Head Coach Kenny Wheeler - KW-Wheeler@wiu.edu
- Head Coach Jane Wheeler – wheelerjane@pleasval.k12.ia.us
- Athletic Director D'Anne Kroemer – kroemerdanne@pleasval.k12.ia.us or 563-650-3333

Safe Travels!

D'Anne Kroemer, AD
Pleasant Valley High School

Pleasant Valley Girls Track and Field Invite

Schedule of Events

Field Events begin at 4:00 pm

4:00 p.m. Varsity Shot Put/JV Discus
Varsity/JV High Jump
Varsity/JV Long Jump

4:05 Special Olympic Recognition

4:45 p.m. Varsity Discus/JV Shot Put

- Varsity discus, shot put and long jump will be allowed 4 attempts with no finals.
- JV discus, shot put and long jump will be allowed 4 attempts with no finals.
- High Jump opening height for JV will be 4'0 Varsity will be 4'2

Running Events begin at 4:30 pm

Event 1 JV 800m Sprint Medley Relay
Event 2 Varsity 800m Sprint Medley Relay
Event 3 JV 3000 Meter Run
Event 4 Varsity 3000 Meter Run
Event 5 JV 4 x 800 Meter Relay
Event 6 Varsity 4x 800 Meter Relay
Event 7 JV Shuttle Hurdle Relay
Event 8 Varsity Shuttle Hurdle Relay
Event 9 JV 100 Meter Dash
Event 10 Varsity 100 Meter Dash
Event 11 JV Distance Medley Relay
Event 12 Varsity Distance Medley Relay
Event 13 JV 400 Meter Dash
Event 14 Varsity 400 Meter Dash
Event 15 JV 4 x 200 Meter Relay
Event 16 Varsity 4 x 200 Meter Relay
Event 17 JV 100 Meter Hurdles
Event 18 Varsity 100 Meter Hurdles

** Pleasant Valley Senior Night Recognition

Event 19 JV 800 Meter Run
Event 20 Varsity 800 Meter Run
Event 21 JV 200 Meter Dash
Event 22 Varsity 200 Meter Dash
Event 23 JV 400 Hurdles
Event 24 Varsity 400 Hurdles
Event 25 JV 1500 Meter Run
Event 26 Varsity 1500 Meter Run
Event 27 JV 4 x 100 Meter Relay
Event 28 Varsity 4 x 100 Meter Relay
Event 29 JV 4 x 400 Meter Relay
Event 30 Varsity 4 x 400 Meter Relay