

Maquoketa Middle School Boys Invitational

Tuesday April 29th

1. Competing schools for 2025 will be:
Camanche MS, Central DeWitt, Easton Valley, Northeast, Bel Marq, Maquoketa.
2. The Maquoketa track is an all-weather 8 lane track. The high jump and long jump areas are also all-weather surface. Only 1/8 inch spikes will be allowed on these surfaces.
3. All schools must furnish their own equipment with the exception of starting blocks, which will be furnished by the host school.
4. All shots to be used in competition must be 4 kilograms (8.8 lbs.). Discuses must be 1 kilogram (2.2 lbs.).
5. We will use <http://ia.milesplit.com/> for all entries
6. **Please check the order of event sheet that is on the 2nd sheet. It will give you the amount of entries allowed for each event.**
7. **Entries will be closed at 12pm on Monday April 4-28 . At that time scratches only will be allowed**
8. Scoring will be on a 10-8-6-4-2 basis for individual events and for the relays. We will score 7th and 8th grade separately.
9. Please instruct your athletes in proper track etiquette:
Stay down on the grass field during relays to see the exchange zones.
Stay clear of the finish line.
Do not throw the shot or discus outside the competition areas.
Be aware of the order of events.
Do not run across the track or long jump lanes while an event is in progress.
10. Admission for spectators will be \$5.00 for adults and free for students. **Tickets must be purchased on Bound, no cash sales**
11. There will be a concession stand.
12. Please help us at the end of the meet by picking up any garbage in your camp area.
13. Team results will be available on Mile split.
14. Field events will begin at 4pm and running at 4:30. Runners are to report to the clerk at the northeast corner of the track when the first call is announced.
15. All coaches will be required to be in the stands during the meet. Please be aware of the rules for the track and field in the Spring Sports Manual and especially as it relates to uniform and jewelry. A reminder that watches are allowed.
16. The starter will be Mr. Ray Wilden.

If you have any questions please contact me at 652-4956 or tgruenwald@maquoketaschools.org

ORDER OF EVENTS:

1. 4 x 800 Meter Relay **2 Entry**

2. Shuttle Hurdle Relay 2 Entries
3. 100 Meter Dash 6 Entries
4. 1600 Meter Medley Relay (200-200-400-800) 2 Entry
5. 400 Meter Dash 6 Entries
6. 4 x 200 Meter Relay 2 Entries
7. 1500 Meter Run (unlimited)
8. 100 Meter Hurdles 3 Entries
9. 200 Meter Dash 4 entries
10. 800 Meter Medley Relay (100-100-200-400) 1 Entry
11. 200 Meter Hurdles 2 Entries
12. 800 Meter Run unlimited
13. 4 x 100 Meter Relay 2 Entry
14. 4 x 400 Meter Relay 1 Entry

ORDER OF FIELD EVENTS:

4:00- Shot: 7th Boys
Discus: 8th Boys
Long Jump: 7th Boys
High Jump: 8th Boys

Field events will be 3 attempts.

High Jump will start at 4'4"