



Muscatine High School  
Activities Department  
2705 Cedar St  
Muscatine, IA 52761



- Date:** Event will be held Monday, March 31, 2025
- Teams:** CR Washington, Assumption, CR Kennedy, Central DeWitt, Ottumwa, Pleasant Valley & Muscatine
- Entry Fee:** \$100.00
- ENTRIES:** Please submit your entries online, by Noon Sunday, March 30, 2025. Scratches only on Meet Day. Here is the link to the website to submit your entries: <http://accuracetime.com/info> The entries will be through MileSplit at [ia.milesplit.com](http://ia.milesplit.com)
- Entry Limits:** 9/10 & JV Teams may enter 2 competitors in each individual event and 1 each relay event.
- START TIMES:** Field events will begin at 4:15 p.m. and running events at 5:00 pm.
- SCORING:** 9/10 and JV teams will be scored  
**Relays:** 10-8-6-4-2-1 **Individual:** 10-8-6-4-2-1
- AWARDS:** For both divisions, medals will be awarded to the first two places in individual events. For relays, medals will be awarded to first place.
- ADMISSION:** Adults and Students K-12 \$6.00

#### ORDER OF EVENTS

- 4:00 Coaches Meeting (**will be conducted in the Team Room at the end of the Concessions/Restroom Building**)
- 4:15 Field Events: 9/10 shot, JV high jump, 9/10 long jump, and JV Discus followed by JV Shot, 9/10 high jump, JV Long Jump, 9/10 Discus
- 5:00 800 M Medley Relay  
3200 M Run (waterfall start)  
4 X 800 M Relay (1 turn staggered start)  
10 Flight Shuttle Hurdle Relay  
100 M Dash  
1600 Medley Relay (3 turn staggered start)  
400 M Dash (2 turn staggered start)  
4 X 200 M Relay (4 turn staggered start)  
110 M High Hurdles  
800 M Run (1 turn staggered start)  
200 M Dash (1 turn staggered start)  
400 M Hurdles (2 turn staggered start)  
1600 M Run (waterfall start)  
4 X 100 M Relay (2 turn staggered start)  
4 X 400 M Relay (3 turn staggered start)

#### EXTRAS:

All track and jump surfaces are polyurethane rubber limited to ¼" spikes or less. The shot and discus are cement.

Blocks will be provided.

Mike Henson, Activities Director  
Mike.Henson@mcsdonline.org  
(563) 263-6141 ext. 3004



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Please instruct your athletes to warm up in the outside lanes on the backstretch **only**.

Please have all individual event runners and relay teams report to the clerk of course when called. Any competitor reporting after the first section is called to the line will not participate.

Team camps can be made in the Home or Visitor bleachers. Do not make Camps on the Infield. **NOTE - Shot and Discus throwing areas have been redone and are now back near the track area behind the visitor bleachers by the softball field**

Live results of the meet will be available as the meet is scored.

Best wishes for an outstanding meet.

If you need any additional information, please contact:

Mark Rusch, MHS Boys' Track Coach (515) 681-1305: [mark.rusch@mcsdonline.org](mailto:mark.rusch@mcsdonline.org)

Mike Henson, MHS AD, 563-263-6141; [Mike.Henson@mcsdonline.org](mailto:Mike.Henson@mcsdonline.org)

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## MUSCATINE ACTIVITIES DEPARTMENT M E M O

TO: Schools entered in the **Muskie Boys 9/10 & JV Track Invite**

FROM: Mike Henson, A.D.

RE: Entry Fee

The Entry Fee is **\$100.00** per team for the **Muskie Track and Field Invite** to be held **April 3, 2023.**

Please make checks payable to:

Muscatine High School  
2705 Cedar Street  
Muscatine, IA 52761

Thank you for your prompt attention in this matter. If you have questions, please call the Activities Office at Muscatine High School (563-263-6141, ext. 3004)

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(563) 263-6141 ext. 3004