

**2025 Spartan Girls Track and Field Invite
Varsity & Junior Varsity
Thursday, April 3, 2025**

Competing Teams: Pleasant Valley, Bettendorf, Solon, Iowa City High, North Scott, Dubuque Wahlert, Waukee, Western Dubuque, Urbandale

Entry Fee: \$100.00

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

Entries: Entries will be through MileSplit: <http://ia.milesplit.com/>

Entries will close on Wednesday, April 2, at NOON - scratches only the day of the meet.

Entry Limits:

*Varsity Teams may enter 2 competitors in each field event

*JV Teams may enter 2 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: 10-8-6-5-4-3-2-1 Relay Events: 10-8-6-5-4-3-2-1

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.
- Hip number will be passed out by the east goal post
- 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 - wheelerkenny@pleasval.org or 319-430-2447
- Athletic Director D'Anne Kroemer – kroemerdanne@pleasval.org or 563-650-3333

Safe Travels!

D'Anne

D'Anne Kroemer, AD

Pleasant Valley Girls Track and Field Invite Schedule of Events

Field Events begin at 4:00 pm

4:00 p.m. Varsity Shot Put – Prelim (3)/Finals (3) – 9 to Finals
JV Discus – 4 attempts
JV/Varsity High Jump will concurrently
Varsity first followed by JV Long Jump – 4 attempts

4:45 p.m. Varsity Discus – Prelim (3)/Finals (3) – 9 to Finals
JV Shot Put – 4 attempts

- Varsity discus and Varsity shot put will be prelim (3)/finals (3) – 9 to finals
- 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

Exhibition – 4 x 100 Meter Relay – HS Coaching Staff 9
Event 29 JV 4 x 400 Meter Relay
Event 30 Varsity 4 x 400 Meter Relay