



46th ANNUAL RIVER QUEEN TRACK RELAYS

RIVER KING & QUEEN ATHLETIC COMPLEX 1650 S. 14TH ST. CLINTON, IA 52732

DATE: April 8, 2025

TEAMS: Bettendorf, Camanche, Clinton, Davenport West, Iowa City High, North Scott, Moline, United Township, Bellevue, Clinton JV, Dubuque Wahlert, Maquoketa, Prince of Peace, Easton Valley, Newman Catholic, Riverdale.

LOCATION: River King & Queen Athletic Complex **Buses are not allowed to park in the complex parking lot.** Buses will park in the lot south of Harrison Drive.

VENUE INFO: Access – Only athletes, coaches, and staff are allowed on the track level

Spectators – \$6.00 per person. Seating is available in the bleachers.

Concessions – Concessions will be available.

Hospitality Room - There will be limited food and drink available for all coaches and event staff.

Team Tents/Camps - All teams will be asked to set up their tents and team camps on the opposite side of the bleachers in the grass areas. **THERE IS NO FOOD OR DRINKS ALLOWED ON THE INFIELD**

MEET SCHEDULE: Coaches Meeting: 3:45 pm

Field Events: 4:15 pm

Running Events: 4:45 pm

ENTRY FEE: \$150.00 payable to Clinton High Athletics

ENTRIES: Varsity: 2 entries per individual event & 1 relay per school **Entries are due by 12:00 pm on Monday, April 7.**

Entries must be entered at ia.milesplit.com

There will be no changes/substitutions the day of the meet, only scratches the day of the meet.

EQUIPMENT: Rubber track and runways-1/8" spikes. Starting blocks will be provided.

AWARDS: Individual Events – medals 1st – 4th, Relays – 1st – 3rd medals, Top Team - Plaque

TIMING/SCORING: AccuRace Timing Services – www accuracetimeing.com Individual: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1

FIELD EVENTS: 4:15 pm

3 Preliminary Attempts. Top 9 move to finals

Shot Put

Discus

Long Jump (cafeteria style)

High Jump (varsity 4'2", goes up 2" until 5'0 and then it goes up 1" at a time)

RUNNING EVENTS: 4:45 pm

Sprint Medley Relay

3000 M Run
4 X 800 M Relay
Shuttle Hurdle
100 M Dash
Distance Medley Relay
400 M Dash
4 X 200 M Relay
SENIOR RECOGNITION
100 Hurdles
800 M Dash
200 Dash
400 Hurdles
1500 M Run
4 X 100 M Relay
4 X 400 M Relay

EXCHANGE ZONES: Newly Surfaced with 30 M Sprint Relay Exchange Zones (no small triangles)

Sprint Medley Relay

1st Exchange: Green to Green Triangles (Bettendorf)

2nd Exchange: Green To Green Triangles (Camanche)

3rd Exchange: Staggered baby Blue to Blue Triangles, Cut at Green Cutline(30m incoming 200 runner)

Distance Medley Relay

1st Exchange: Green to Green Triangles (Davenport West)

2nd Exchange: baby Blue to Blue Triangles(30m incoming 200 runner)

3rd Exchange: Blue to Blue Triangles

4x200 M Relay

1st Exchange: Black to Black Triangles (North Scott)

2nd Exchange: Black to Black Triangles

3rd Exchange: Yellow to Yellow Triangles (Moline)

100 M Hurdles: Hurdles on Yellow Dashes

400 M Hurdles: Hurdles on Green Dashes

4x100 M Relay

1st Exchange: Yellow to Yellow Triangles (UT)

2nd Exchange: Yellow to Yellow Triangles (Bellevue)

3rd Exchange: Yellow to Yellow Triangles (Wahlert)

4x400 M Relay

1st Exchange: Staggered Blue to Blue, Cut at Green Cutline 2nd

Exchange: Non Staggered Blue Triangle

3rd Exchange: Non Staggered Blue Triangle

SHR 1st/3rd Exchanges baby yellow triangles (Maquoketa)

If your team is not listed to work an exchange zone, please help with hurdles, thank you