



CITY HIGH ATHLETICS

1900 Morningside Drive • Iowa City, IA 52245 • 319-688-1045 • F 319-688-1314 • www.littlehawkathletics.com
TERRY COLEMAN- ATHLETIC DIRECTOR

2019 FORWALD-COLEMAN RELAYS

To: Athletic Directors and Girls and Boys Track & Field Coaches
From: Terry Coleman, Athletic Director and Mike Moore- Head Boys Track Coach
When: Thursday, April 18, 2019 **4:30 pm** (Field Events), **5:00pm** (Running Events)
Location: Raffensperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245

Teams: **Boys:** City High, Iowa City West, Cedar Rapids Prairie, Linn-Mar, West Des Moines Valley, Muscatine, Marion, Pleasant Valley
Girls: City High, Muscatine, Pleasant Valley, Cedar Rapids Kennedy, West Des Moines Valley, Iowa City West, Linn-Mar, Waukee

Entry Fee: \$90.00

Entries: We will be using a two camera Finish Lynx timing system for all events. As a result, our entry procedures will be made on-line using ASPImeetz. To access entry, go to: <https://www.vbmeets.com/28765> **YOUR ENTRIES MUST BE ABLE TO BE VERIFIED ON QUIKSTATS.** If you have questions or difficulties with entries, **please e-mail Terry Coleman ASAP.**

Entry Period:

- Beginning on **Friday April 12th**, you may enter/edit your entries.
- Please enter at least 4 names for all relays.
- Changes can be made until 7:00pm on **Wednesday, April 17th**.
- You must click the DECLARE ENTRIES button for your entries to be submitted.

Changes/substitutions/scratches:

- Your declared entries should be as accurate as possible.
- A copy of the heat sheet for your team will be emailed the evening of April 17th.
- If there are changes that need to be made, **please send those by e-mail before you leave on the 18th** to avoid delays in starting the meet. Please keep last minute changes to a minimum. Any changes that are not sent in ahead of time should be made in the press box immediately upon your arrival at the meet. There will be a coaches meeting at 4:15pm for any final instructions.

Entry Limits:

- Varsity: 2 entrants in most individual events and 1 team per relay.
- Varsity girls 1500m & 3000m – you may enter 3 runners (only two can score)
- Varsity boys 1600m & 3200m – you may enter 3 runners (only two can score)

Open 800m: There will be an open 800m contested for anyone who is out of high school and does not have college eligibility remaining. The event is open to men and women. If you have interested participants, please have them e-mail Terry Coleman to enter.



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Wheelchair: Wheelchair shot put, 100m, 200m, 400m & 800m will be held if there are participants. No team points will be awarded for this event. Do not enter on ASPI Meetz. Please e-mail entries directly to Terry Coleman- coleman.terry@iowacityschools.org.

Awards: Medals will be provided for 1st through 3rd place in each event. A plaque will be awarded to the boys Dick Feeney 400m champion, the girls Coleman 4 x 400 champions, and the boys Raffensperger 4 x 400 champions.

Trainer: There will be a trainer on site to deal with injuries. Ice will be available for injuries only. For general use, please bring your own.

Schedule: We will start promptly at **4:30pm** with all field events and **5:00pm** for running events. All events will follow in order, so tell your athletes to be warmed up and ready to go

Scoring: Only 2 runners in individual events and 1 relay team will be scored.
Individual events 10-8-6-5-4-3-2-1 Relays 10-8-6-5-4-3-2-1

If you have any questions, please contact us.

City High Athletic Office- 319-688-1045

Terry Coleman, AD 319-512-9572, coleman.terry@iowacityschools.org

Head Coach Mike Moore- 319-325-1568, moore.mike@iowacityschools.org

Sincerely,

Terry Coleman
Athletic Director, Iowa City High



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4:30pm	Boys Long Jump- 3 attempts with finals Girls High Jump- 4'5" starting height (increase 2" until 5'1") Girls Shot Put- 3 attempts with finals, Boys Discus- 3 attempts with finals
@5:30pm	Girls Long Jump- 3 attempts with finals Boys High Jump- 5'5" starting height (increase 2" until 6'1") Boys Shot Put- 3 attempts with finals, Girls Discus- 3 attempts with finals
5:00pm	Girls Sprint Medley Relay (100, 100, 200, 400)
5:05pm	Boys Sprint Medley Relay (100, 100, 200, 400) 800m Wheelchair
5:10pm	Girls 3000m Run
5:25pm	Boys 3200m Run
5:40pm	Girls 4 x 800 Relay
5:50pm	Boys 4 x 800 Relay
6:00pm	Boys Shuttle Hurdle Relay
6:10pm	Girls Shuttle Hurdle Relay
6:20pm	Girls 100m Dash
6:25pm	Boys 100m Dash 100m Wheelchair
6:30pm	Girls Distance Medley (200, 200, 400, 800)
6:35pm	Boys Distance Medley Relay (200, 200, 400, 800)
6:45pm	Girls 400m Dash
6:50pm	Boys Dick Feeney 400m Dash
6:55pm	Girls 4 x 200 Relay
7:00pm	Boys 4 x 200 Relay
7:05pm	Girls 100m Hurdles
7:10pm	Boys 110m Hurdles
7:15pm	Open 800m Run
7:20pm	Girls 800m Run
7:25pm	Boys 800m Run
7:30pm	Girls 200m Dash
7:35pm	Boys 200m Dash 200m Wheelchair
7:40pm	Girls 400m Hurdles
7:45pm	Boys 400m Hurdles
7:55pm	Girls 1500m Run
8:05pm	Boys 1600m run
8:15pm	Girls 7 th & 8 th Grade 4x100
8:20pm	Boys 7 th & 8 th Grade 4x100
8:25pm	Girls 4 x 100 Relay
8:30pm	Boys 4 x 100 Relay
8:35pm	Girls Coleman 4 x 400 Relay
8:40pm	Boys Raffensperger 4 x 400 Relay



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Busses/Parking:

**DO NOT HAVE BUSES ENTER BATES FIELD OFF OF 1ST AVENUE!
THERE WILL BE NO BUS PARKING INSIDE BATES FIELD**

We are changing the traffic pattern for busses this year. Busses will enter our campus off of Morningside Drive and go north around the building. They will take the access road around the school down to the track. They can drop off kids and then pull through to park in the City High lower lot off of 4th avenue. Please communicate this information with your bus driver. The map is below.

The only parking that will be allowed inside of Bates Field are meet officials and handicapped patrons. No busses, coaches or fans will be allowed to park inside Bates Field unless approved ahead of time.

