



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 Girls JV Triangular Meet

- To:** Athletic Directors and Girls Track & Field Coach
From: Terry Coleman, Athletic Director and Head Girls Track coach
When: Tuesday, May 7, 2019 **4:30 p.m. (Field Events & sprint medley)**
Location: Raffensperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245
- Teams:** Iowa City High, Bettendorf, Cedar Rapids Washington, Waterloo West
- Entry Fee:** \$40.00
- Entries:** We will be **HAND TIMING THIS MEET**. However, our entry procedures will be made on-line using VBmeets. To access entry, go to <https://www.vbmeets.com/29699> you have questions or difficulties with entries, **please e-mail Terry Coleman ASAP**.
- Entry Period:**
- Beginning on **Friday, May 3rd**, you may enter/edit your entries.
 - Please enter at least 4 names for all relays.
 - Changes can be made until 7:00pm on **Monday, May 6th**.
 - 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.
 - If there are changes that need to be made, **please send those by e-mail before you leave on the 7th** 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 immediately upon your arrival at the meet. There will be a coaches meeting at 4:00pm for any final instructions.
- Entry Limits:**
- 6 entries allowed in all events
- Awards:** There will be no awards. Ice cream for all after the meet.
- 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 the sprint medley. All events will follow in order, so tell your athletes to be warmed up and ready to go. **In the event we get ahead of schedule, we will stay ahead.**
- Scoring:** This will be a non-scored meet.



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DO NOT HAVE BUSES ENTER BATES FIELD OFF OF 1ST AVENUE!

Buses will enter our campus off of Morningside Drive and go north around the building (red line on the diagram below). They will take the access road around the school. Buses will park and drop off kids in back of the school in the order they arrive (yellow line on the diagram below). Please communicate this information with your bus driver.

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





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MEET TIME SCHEDULE

FIELD EVENTS

4:30pm Girls Long Jump- 4 attempts no finals
Girls Shot Put- 4 attempts no finals
Girls High Jump- 4'0" starting height
Girls Discus- 4 attempts no finals

RUNNING EVENTS

4:30pm 800m Medley Relay
4:45pm 3000m
5:00pm 4 x 800
5:10pm Shuttle Hurdle Relay
5:25pm 100m
5:35pm 1600m Medley Relay
5:40pm 400m
5:45pm 4 x 200m
5:55pm 100 hurdles
6:15pm 800m
6:20pm 200m
6:25pm 400 hurdles
6:35pm 1500m
6:40pm 4 x 100 Relay
6:50pm 4 x 400 Relay

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

Sincerely,

Terry Coleman
Athletic Director, Iowa City High