



# CITY HIGH ATHLETICS

1900 Morningside Drive • Iowa City, IA 52245 • 319-688-1045 • F 319-688-1314 • [www.littlehawkathletics.com](http://www.littlehawkathletics.com)  
TERRY COLEMAN- ATHLETIC DIRECTOR

**To:** Athletic Directors and Girls Track & Field Coaches  
**From:** Terry Coleman, Athletic Director and Joe Graf, Head Girls Track Coach  
**Re:** 2019 Steve Sherwood Relays  
**When:** Saturday, March 30, 2019 **11:00 a.m. (Field Events)**  
**Location:** Raffensperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245  
**Teams:** City High, Cedar Rapids Xavier, Davenport Central, Mt. Vernon, Southeast Polk  
**Entry Fee:** \$90.00

**Meet Info:** Meet information and FREE, LIVE results can be found at <http://cityhightrackresults.com/>

**Entries:** We will be using a Finish Lynx timing system for all events. As a result, our entry procedures will be made on-line using ASPImeetz. To access entries, go to: <https://www.vbmeets.com/28503> If you have questions or difficulties with entries, **please e-mail Terry Coleman ASAP.**

### ***Entry Period:***

- Beginning on **Monday March 25th**, you may enter/edit your entries.
- Please enter at least 4 names for all varsity and junior varsity relays.
- Changes can be made until 7:00pm on **Friday, March 29th**.
- 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 sheets will be emailed the evening of March 29<sup>th</sup> after seeding.
- If there are changes that need to be made, **please send those by e-mail or text before you leave on the 30th** 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 10:30am for any final instructions.

### ***Entry Limits:***

- Varsity: 2 entrants in all individual events and 1 team per relay.
- **Varsity 1500m – you may enter 3 runners (only two can score)**
- JV: Unlimited entrants in all running events (including relays) and field events. Only the top 2 individuals and top relay from each team will score and be eligible for awards.

**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.

**Awards:** Medals will be provided for 1<sup>st</sup> through 3<sup>rd</sup> place in all varsity events. Ribbons will be provided for 1<sup>st</sup> through 3<sup>rd</sup> place in all junior varsity events.



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**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 **11:00am** with all field events. There will be separate JV and Varsity sections for all running events with the exception of the 3000m and 4x800 relay. Junior Varsity sections will go first. 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.

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11:00 Long Jump- 4 attempts with no finals, High Jump- 4'0" starting height  
Shot Put- 4 attempts with no finals, Discus- 4 attempts with no finals

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11:30 800m Medley Relay  
11:40 3000m (**Varsity and JV combined**)  
11:55 4 x 800 (**Varsity and JV combined if possible**)  
12:10 Shuttle Hurdle Relay  
12:20 100m  
12:35 1600m Medley Relay  
12:50 400m  
1:05 4 x 200m  
1:10 100 hurdles  
1:20 Open 800m Race  
1:25 800m  
1:35 200m  
1:50 400 hurdles  
1:55 1500m  
2:05 4 x 100 Relay  
2:15 4 x 400 Relay

**Results available shortly after the final event.**

**Scoring:** Only 2 runners in individual events and 1 relay team will be scored. We will use the following scoring system for 5 team scoring.

Individual events      8-6-4-2-1      Relays      8-6-4-2

If you have any questions, please contact us. City High Athletic Office- 319-688-1045; Head Coach and AD Terry Coleman, 319-512-9572.

Sincerely,

Terry Coleman  
Athletic Director, Iowa City High

**Busses/Parking:**



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## DO NOT HAVE BUSES ENTER BATES FIELD OFF OF 1<sup>ST</sup> AVENUE!

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 parking lot off of Court Street. 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.

