



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 STATE QUALIFYING MEET



- To:** Athletic Directors and Track & Field Coaches
From: Terry Coleman, Athletic Director
RE: IGHSAU and IHSAA State Qualifying Track & Field Meet
When: Thursday, May 9, 2019
Location: Raffensperger Track, City High School
1900 Morningside Drive, Iowa City, IA 52245
- Teams:** Iowa City High, Cedar Rapids Jefferson, Cedar Rapids Kennedy, Cedar Rapids Washington, Iowa City Liberty, Iowa City West, Ottumwa, Cedar Rapids Prairie
- Admission:** Adults, Students (k-12) & Seniors - \$6.00
- Entries:** The IGHSAU & IHSAA has sent the entry information to each school regarding on-line entries, scratches, and substitutions. Please consult the state information regarding these procedures as well as the State Track & Field Qualifying (SQM) meet manual on-line. Entries for the meet close at 10:00 AM, Wednesday, May 8th. Coaches should have their entries finalized no later than 9:00 AM. All scratches or substitutions must be sent by email to coleman.terry@iowacityshools.org no later than 10:00am on May 9th. No substitutions will be allowed after that time. Emergency situations can only be approved by the IGHSAU or the IHSSA. Heat sheets will be emailed to all coaches. Any performance discrepancies must be protested before 1:00pm on May 9th.
- Awards:** Team Banners will be awarded to the winning teams.
Individual awards for 1st through 8th place.
- 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.
- Running Events:**
- o We will be using a FinishLynx timing system. Please instruct your athletes away from the finish line area if they are not actively in competition.
 - o We are employing a two camera system tonight, with a second video camera on the inside of the track.
 - o Make sure your runners check in **AND** get a hip number before their event at the south end of the track. Hip numbers **MUST BE PLACED ON THE LEFT SIDE OF THE HIP NOT ON THE FRONT!**
 - o Runners also should check in with the clerk of course (wearing safety yellow vests) near the starting area for their race



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Scoring: 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

Results: Results will be read over the PA and posted on the back of the press box. Results will also be pushed out to the web at www.cityhightrackresults.com Final Results and awards will be available shortly after the 4 x 400.

Qualifiers: A final list of qualifiers will be posted on the IGHS AU and IHSAA sites. For specific guidelines, please consult information from the IGHS AU and IHSAA.

Miscellaneous:

- Food for coaches will be via a ticket to use at the concession stand.
- All meet workers will be identifiable by a PURPLE state qualifying meet t-shirt
- The red sky box is available for your coaching staff to use. No athletes please.
- Athletes cannot use the stairs by the finish line.
- **TEAM CAMPS:** We are asking that teams set up their camps in the East Bleachers Opposite the Press Box or in the grass area to the East and South. Please leave the west bleachers for spectators.
- **WARM-UP-** Athletes should remain outside the track area if not actively warming up or actively cooling down after their event. **THIS WILL BE ENFORCED!**
- **FOOTBALL FIELD:** Please NO camps on the football field. Athletes may warm-up on the field if preparing for an event.
- **Coaches may NOT be on the infield and are required to be outside the track fence at the beginning of the running events at 4:30pm. No coaches boxes for field events are allowed at the state qualifying meet.**

If you have any questions, please contact Terry Coleman, 319-512-9572, coleman.terry@iowacityschools.org

Sincerely,

Terry Coleman
Athletic Director, Iowa City High



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MEET TIME SCHEDULE

We will start promptly at **4:00pm** with field events and **4:30** for running events. Running events will be girls sections first followed by boys sections.

3:15pm Coaches meeting at the start-finish line

3:15pm **Weigh-in of Shot and Discus Implements (throwing venue)**

Implements become “community” property and available to any competitor after the weigh in. After weigh-in, the implements cannot be handled until competition begins, so bring a different set of implements for further warm ups.

3:55pm National Anthem

Field Events- Prelim & Finals for LJ, SP, DT

4:00pm Boys Long Jump- 3 prelim attempts, top 8 to finals
Girls High Jump- 4’6” starting height (increase 2” until 5’)
Girls Shot Put- 3 prelim attempts, top 8 to finals
Boys Discus- 3 prelim attempts, top 8 to finals

5:30pm Girls Long Jump- 3 prelim attempts, top 8 to finals
Boys High Jump- 5’6” starting height (increase 2” until 6’)
Boys Shot Put- 3 prelim attempts, top 8 to finals
Girls Discus- 3 prelim attempts, top 8 to finals

Running events- No Preliminaries, All Finals

4:30pm 800m Medley Relay (100, 100, 200, 400)
Wheelchair 800m
3000m & 3200m Run
4 x 800 Relay
45 minute break
Shuttle Hurdle Relay (boys first)
100m Dash
Wheelchair 100m
Distance Medley Relay (200, 200, 400, 800)
400m Dash
Wheelchair 400m
4 x 200 Relay
100m & 110m Hurdles
800m Run
20 minute break
200m Dash
Wheelchair 200m
400m Hurdles
1500m & 1600m run
4 x 100 Relay
4 x 400 Relay



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

Buses 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.

