



CITY HIGH ATHLETICS

1900 Morningside Drive • Iowa City, IA 52245 • 319-688-1045 • F 319-688-1314 • 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: 2016 Steve Sherwood Relays
When: Tuesday, March 22, 2016 **4:30 p.m. (Field Events & 3000m)**
Location: Raffenperger Track, City High School, 1900 Morningside Drive, Iowa City, IA 52245

Teams: City High, Bettendorf, Burlington, Cedar Rapids Xavier, Cedar Rapids Washington, Davenport Central, Mt. Pleasant, Muscatine

Entry Fee: \$85.00

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: <http://www.aspimeetz.com/22581> If you have questions or difficulties with entries, please e-mail Terry Coleman ASAP.

Entry Period:

- Beginning on **Thursday March 17th**, 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 **Monday, March 21st**.
- 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 March 21st.
- If there are changes that need to be made, **please send those by e-mail before you leave on the 22nd** 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:

- 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 1st through 3rd place in all varsity events. Ribbons will be provided for 1st through 3rd 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 **4:30pm** with all field events and the 3000m. 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.

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

4:30 3000m (**Varsity and JV combined**)
4:45 4 x 800 (**Varsity and JV combined if possible**)
5:00 Shuttle Hurdle Relay
5:10 100m
5:25 Distance Medley Relay
5:35 400m
5:45 4 x 200m
5:55 100 hurdles
6:10 Open 800m Race
6:15 800m
6:30 200m
6:45 400 hurdles
6:55 Sprint Medley Relay
7:05 1500m
7:25 4 x 100 Relay
7:35 Throwers 4 x 100 Relay (**Non-scoring event**)
7:40 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 for the varsity section. The JV meet will follow these same restrictions. We will use the following scoring system for 8 place scoring.

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; Head Coach Joe Graf – 319-621-2860 or Terry Coleman, AD 319-512-9572.

Sincerely,

Terry Coleman
Athletic Director, Iowa City High



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Busses/Parking:

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

We are changing the traffic pattern for busses this year. 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 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.

