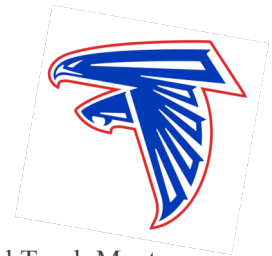


2019 Falcon Middle School Relays



Please find the enclosed entry procedure for the May 13, 2019 West Sioux MS Coed Track Meet. We will be accepting all entries online again this year. Follow the procedure listed below. **Entries are due Sunday, May 12, by 4:00PM. Changes will be taken until 11:00AM the day of the meet.** Scratches can be made only at the track, no changes will be allowed after 11:00am.

Team registration procedure:

1. Here is the web address for team registration on Meet Manager for the May 13th meet.

<https://www.vbmeets.com/29650>

2. Coaches need to go to this page and create an account or sign in if they already have one.
3. They will need create a roster, enter events and DECLARE by Sunday May 12, by 4:00 pm.
4. Changes to the roster and entries can be made until they are declared. If there are changes after that time they can be emailed to dsperle@w-sioux.k12.ia.us on Monday morning before 11:00am. Scratches can be made at the track.
5. We will allow JV Entries in the following events. JV Entries will not score points or be eligible for placing. Shot, Discus, Long Jump, 100M, 200M, 100M Hurdles, 4X100M Relay, 4X200M Relay.

Start Time: Field Events 4:00pm, Running Events: 4:30pm

Entry Fee: \$50 per team, \$100 for Coed.

Track: 8 lanes all weather, no spikes over 3/16 inch allowed.

Awards: Individuals- Ribbons for 1st-5th Relays -Ribbons for 1st-3rd
Coaches can pick up packets after the meet in the hospitality room.

Clerk: All athletes must report to the clerk prior to all running events.

Camps: There are grassy side hills north of the track for camps, etc. NO camps on the football field (no field equipment in team camp)

Field Events: High jump - north end of track
Long jump- north end of track outside oval (4 trials, no prelims)
Discus and shot- behind the announcer's booth (4 trials, no prelims)

Participation Rules: As per IHSAA and IGHS AU guidelines.

Markers: Tennis balls or chalk can be used for markers. NO tape is allowed on track or runways.

Warm-ups: Football field will be available for participant warm-ups only.

Admission: Free Admission

Concessions and Restrooms: Located SW of the track.

Bus Parking: Please park buses on 16th Street north of the track facility.

West Sioux MS Coed Track Meet

Schedule of Events

Field Events - 4:00 Start

Shot Put - G/B
Discus - B/G
High Jump - G/B - (G-3'8", B-4'2")
Long Jump - B/G

Running Events - 4:30 start - All Races G/B

4×800 Meter Relay
Shuttle Hurdle Relay
100 Meter Dash
1600 Distance Medley Relay
400 Meter Dash
4×200 Meter Relay
1500/1600 Meter Run
100 Meter Hurdles
200 Meter Dash
800m Sprint Medley Relay
200 Meter Hurdles
800 Meter Run
4×100 Meter Relay
4×400 Meter Relay

Participating Teams

Akron Westfield

Canton, SD

Gehlen Catholic

Hinton

Sioux Center

West Sioux

Meet Director: Duane Sperle

Finish Judge: Collin Wiggins

Clerk: Wayne Heuer

Starter: Curt Anderson

Announcer: Gary "Cazzie" Salberg