

# AMES HIGH TRACK & FIELD

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Ames High School 1801 Ridgewood Ave. Ames, IA 50010

## Welcome to the Hi-Covey Relays.

This is a COED varsity and junior varsity meet. Due to considerations in length of the meet, **junior varsity entries will be limited**. This document contains further pertinent information and details regarding the meet.

**Date:** **Tuesday, April 11, 2023**

**Location:** Ames High School Stadium

**Start Time:** 4:00 Field. 4:30 Running

- **Field:** HJ g/b jv/v combined, LJ b/g, Shot put g/b, Discus b/g. **Running;** g/b  
**Varsity will compete first in all events but 4x4.**

**Buses and Parking:** Our high school dismissal time is 3:35. Please plan accordingly to avoid high school traffic. Buses should park on 20th Street on the North side of the new high school

**Online Registration:** Please register your entries through your Varsity Bound team account by **6pm Monday, April 10th**. If you have questions, please contact Tom Lynch at 515-991-9136.

**Entry Fee:** \$125 for Girls \$125 for Boys. See enclosed invoice.

**Facilities:** We have an 8 lane all-weather track. 3/16" pyramid spikes or smaller should be used. NO NEEDLE SPIKES. The shot and discus are concrete surfaces while the long jump and high jump are all weather surfaces.

**Shot put and discus will take place one block away at Fellows Elementary School. Please check in at the AHS stadium press box then head over for competition.**

### Teams Competing:

- **Boys Teams-** Ames, Aplington-Parkersburg, Cedar Rapids Kennedy, Des Moines Hoover, Iowa City High
- **Girls Teams-** Ames, Ankeny, Cedar Rapids Kennedy, Des Moines Roosevelt, Linn-Marr Valley

**SCORING:** Individual/Relays: 10-8-6-4-2-1.

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## Team Camp:

- Teams are asked to camp on or near the visitor bleachers. **No camp on the infield.**
- Please remind athletes that the infield is for competing athletes and coaches only.
- If athletes are not warming up for competition, they should be at team camp. Please help us to enforce this.

## Hi Covey Relays COED Meet Details:

1. **Field:** 4 attempts/4 throws allowed.
  - a. 2 Varsity entries
  - b. 4 JV entries
2. **Track:**
  - a. Varsity: 2 individual/ 1 relay
  - b. Junior Varsity:
    - i. No Sprint Medley, Distance Medley, 400, 200, 400h
    - ii. 3000/3200 \*run with varsity
    - iii. 2 entries per available individual events
    - iv. 1 entry per relay
    - v. 3 entries for 1500/1600
    - vi. 2 entries: 4x800, 4x200, 4x100
3. As host, Ames will fill empty lanes with our athletes.
4. **Senior Night:** We will recognize our seniors on the track after the conclusion of the varsity 200.

## General Information

1. Heat and lane assignments will be determined by seeding.
2. **Upon your arrival, please check-in at our pressbox and supply our timer with any changes.**
3. **Coaches meeting at the starting line at 3:30**
4. Contestants are asked to report to the east side of the track by the Ames High Track and Field sign to get their hip #'s.
5. Starting blocks will be provided.
6. No obligation will be assumed by the host school for valuables.
7. Please pick up your team awards packet at the conclusion of the meet in the pressbox.
8. **Awards:** Medals to the top three place winners in all Varsity individual events. Only 2 from each team will contribute to team scoring as well as medal. Medals will be given to the top three place winners in varsity relays.

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9. Meal tickets will be provided for all coaches
10. Admission: \$5. Tickets can be purchased at the gate via card or cash or online at Bound.
11. A certified athletic trainer will be on duty throughout the meet. They are located on the turn near the finish line.
12. Concessions will be available

## Looking forward to a great meet!

**\*A heads up for 2024:** At this time our plan for next season is to return the Hi Covey Relays to a boys only meet. As many of you have relied on this meet for several seasons, hopefully this announcement gives you ample time to make adjustments. Thanks for understanding.