

AMES HIGH TRACK & FIELD

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Ames High School 1801 Ridgewood Ave. Ames, IA 50010

Welcome to the

This is a girls varsity and junior varsity meet. This is a large invite, therefore considering meet length a few adjustments to JV entries have been made. This document contains further pertinent information and details regarding the meet.

Date: **Thursday, May 4, 2023**

Location: Ames High School Stadium

Start Time: **4:00 Field** (Varsity shot/JV disc). **4:30 Running** (Varsity/JV)

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 Varsity Bound by **6pm**

Wednesday, May 3rd If you have questions, please contact Tom Lynch at 515-991-9136.

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.

SCORING: Individual: 10-8-6-4-2-1

Relays: 10-8-6-4-2

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.

IAC Conference Track Meet

1. **Field:** JV 3 attempts/ 3 throws allowed. **Varsity will have preliminaries and finals. The top 7 will make the finals.**

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- a. 2 Varsity entries
 - b. 4 JV entries
 - c. HJ starting height 4'2". All jumpers will jump together.
- 2. Track:**
- a. Varsity: 2 individual/ 1 relay
 - b. Junior Varsity:
 - i. Unlimited entries 4x800, 1500, 3000
 - ii. 4 individuals/2 relays in all other JV events

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 3:45**
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 1st through 3rd in individual events in the North and South divisions. Medals to 1st and 2nd in relay events in the North and South divisions. A conference championship plaque will be awarded to the conference team champion. The top 3 individuals and top 2 relays in all events will be named all-conference.
9. Live Results will be on athletic.net. Final results will be emailed to AD's at the conclusion of the meet.
10. Meal tickets will be provided for all coaches to be used at the concession stand.
11. Admission: \$5. Tickets can be purchased at the gate via card or cash or online at Bound.
12. A certified athletic trainer will be on duty throughout the meet. They are located on the turn near the finish line.
13. Concessions will be available

Looking forward to a great meet!