

# Belle Plaine Girl Invitational

## Tuesday, March 30, 2021

**Class A Teams:** Eddyville Blakesburg-Fremont, Alburnett, Sigourney, Iowa Valley, Lynnville Sully, North Mahaska, English Valley and Belle Plaine

**Class B Teams:** BGM, Lone Tree, Montezuma, HLV, Twin Cedars, Meskwaki Settlement, Don Bosco, Tri-County and Keota

**Entries:** Each team may enter two varsity relays and three participants for each individual event. Only one relay will score for team points and medal and only a team's top two individual finishers are eligible to score and medal.

### **Online Entry Information**

- Online entries open March 23rd @ 6am
- You may enter this meet by going directly to: <https://www.vbmeets.com/31406>
- Final Declarations will close March 29th @ 9 pm. You must declare your final roster by pushing the declare button at the bottom of your entry list. This may be done anytime before the deadline. Do this only when you have made your final changes.
- Any substitutions need to be emailed to Mark Tegeler by 10:00 am on March 30th. Only scratches can OFFICIALLY be made after this time.

**Awards:** Medals: Relays 1-3 Individual 1-5; Team Trophy for each class winner

**Scoring:**10-8-6-4-2-1

**Results:** Coaches will have to return to the Aspimeetz site and click on the view results link and print them for their own records. Remember to pick up your packet with medals in front of the press box at the main window after the meet. **Please stay out of the press** box this spring, COVID protocols are allowing for only those deemed to be essential to meet management to be allowed in the press box before, during or after the meet.

**Spikes:** ¼” pyramid spikes and please keep athletes out of the stands with their spikes on.

**Surface:** We have an eight-lane polyurethane all weather track that was resurfaced last summer. Please no tape on the track. Tennis balls are acceptable for marking. Our discus and shot put circles are concrete.

**Rain Date.** No rain date is set.

**Time Schedule:** Throwing events begin @ 4:30. Running events begin @ 4:45. Please see the attached schedule.

**Admission:** \$5 for adults, \$3 for students and children under five are free.

**Camps:** Team camps are to be set up outside the track. Infield is for pre and post event preparation. Coaches are reminded to remain outside of the infield during the meet.

**Buses:** We will park as many buses as possible in the south end of the SOUTH PARKING LOT in the gravel area. All other buses may park in the front of the school, the east side in our circle drive.

# Belle Plaine Girl Invitational

## Tuesday, March 30, 2021

**Entry Fee:** \$90

**COVID Considerations:**

- Social distancing of at least 6 feet should be maintained as much as possible by athletes and coaches.
  - Shot put and discus participants please maintain 6 feet from other competitors.
  - **Participants should provide their own implements and have a teammate retrieve implements while warming up and competing.**
  - The high jump will be disinfected after jumping is completed.
- Hand sanitizing stations will be available.

**Spectator guidelines:**

- All spectators should maintain 6 feet of social distance from those outside of what is considered their family group
- Masks are only mandated when social distancing cannot be maintained.
- Concession stands will be available.

We look forward to seeing you. If you have any questions, please contact Mark Tegeler, A.D. at 319-444-3720

Sincerely,  
Mark D. Tegeler AD

Julie Mantz Head Girls Coach

# Belle Plaine Girl Invitational

## Tuesday, March 31, 2020

**ORDER OF EVENTS** - All events are final - no preliminaries. **LAST HEAT WILL BE THE FAST HEAT**

**4:30 PM - FIELD EVENTS - May Enter 3 participants for each field event**

LONG JUMP - 4 Jumps - Class A first followed by Class B

HIGH JUMP - Class B first followed by Class A - Opening height 4'4"

DISCUS - Class B first followed by Class B - 4 throws

SHOT PUT - Class A first followed by Class A - 4 throws

**4:45 PM - RUNNING EVENTS (CLASS A will run first, CLASS B will follow)**

SPRINT MEDLEY RELAY

3000m RUN (May combine classes for this)

4x800M RELAY (May combine classes for this)

SHUTTLE HURDLE RELAY

100m DASH

100M WHEELCHAIR

1600m DISTANCE MEDLEY RELAY

400m DASH

400m WHEELCHAIR

4x200m RELAY

100M HURDLES

800m RUN

200m DASH

200m WHEELCHAIR

400m LOW HURDLES

1500m RUN (May combine classes for this)

4x100m RELAY

Weight Men's 4x100m RELAY - NS

4x400m RELAY

Locker rooms will be unavailable so competitors are expected to come dressed ready for competition.

**CLERK OF COURSE:** The Clerk of course will be located in the equipment shed on the south side of the track, near our visitor bleachers.

**STARTER:** John Zietlow