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## SCC Middle School Track and Field Championships

Friday, May 3rd 2019 4:00 PM

Welcome to the South Central Conference Middle School Track and Field Championships. As always, we anticipate great weather and great competition!

**Entries are due by 9:00 AM on May 3rd (day of meet).**

Registration will be on [www.athletic.net](http://www.athletic.net) at <https://www.athletic.net/TrackAndField/meet/381091/register>. If you do not already have a coaches account,

- 1) click "sign up for a free account"
- 2) Navigate to your school page (or use search in top right corner) and click "request addition"
- 3) import athletes to your team page (copy and paste, or import an excel file)
- 4) return to meet registration page to accept the invite and register athletes

Contact Tom@J3timing.com with any questions.

**Coach's Meeting:** Press Box @3:45 and pick up your packets

**SCRATCHES ONLY** will be accepted in the pressbox up until 3:30 PM on the day of the meet.

**Admission:** \$3.00 for adults and \$2.00 for students

**Awards:** Awards will be kept in the pressbox and distributed at the end of the meet. Medals will be awarded for 1st, 2nd, and 3rd in individual events and for 1st and 2nd in relay events. The winning team in each division will receive a 1st place team plaque.

**Team Camps:** Team camps will not be allowed on the infield. Team camps can be set up anywhere outside the fence around the track. Infield traffic should be limited to those competing, checking in, or warming up. Coaches, please help us police this as there

will be a large number of student/athletes competing in the meet. No coaches on the infield after field events are completed.

**Scoring:** Individual Events: 10-8-6-4-2-1      Relays: 10-8-6-4-2-1

Athletes will be allowed to enter into four events (maximum three running events). Each team will be allowed two entries in both individual and field events and one entry in all relays. In the 4 x 100 and the 4 x 200, we will allow each team one 'B' entry, which will be run after the 'A' race. **Please do not make this entry!** The 'B' relay will be an untimed race; have your 'B' team just check in on the day of the meet. Coaches will be responsible for getting times for this race.

Athletes in 7th grade will be allowed to "compete up" into the 8th grade division if they wish, however any athlete "competing up" will need to stay in the 8th grade division for the duration of the meet. 8th graders cannot "compete down" into the 7th grade division.

**Field Events:** No Warm-ups until the event supervisor is present.

Shot Put	located on the west side of the complex
Discus	located on the west side of the complex
High Jump	located on the east side of the complex
Long Jump	located on the west side of the complex

## **SCHEDULE OF EVENTS: SCC MS B/G TRACK MEET**

### **BOYS RUNNING EVENTS - BEGIN AT 4:00 PM SHARP**

4 x 800 Meter Relay (will run 7th and 8th grade together)  
Shuttle Hurdle Relay  
100 Meter Dash  
1600 Medley Relay  
400 Meter Dash  
4 x 200 Meter Relay ('A' race followed by untimed 'B' race)

### **GIRLS FIELD EVENTS ' BEGIN AT 4:00 PM SHARP**

Discus - 3 throws	7th grade first followed by 8th
Shot Put - 3 throws	8th grade first followed by 7th
Long Jump - 3 jumps	7/8th grade together
High Jump - Starting height 3' 10"	7/8th grade together

### **BOYS FIELD EVENTS - BEGIN AT 4:45 PM**

Discus - 3 throws	7th grade first followed by 8th
Shot Put - 3 throws	8th grade first followed by 7th
Long Jump - 3 jumps	7/8th grade together
High Jump - Starting height 4' 4"	7/8th grade together

### **GIRLS RUNNING EVENTS - BEGIN AT 4:45 PM**

4 x 800 Meter Relay (will run 7th and 8th grade together)  
Shuttle Hurdle Relay  
100 Meter Dash  
1600 Medley Relay  
400 Meter Dash  
4 x 200 Meter Relay ('A' race followed by untimed 'B' race)

### **REMAINDER OF RUNNING EVENTS 5:15 PM (EARLIER IF READY)**

**(Order will be 7th GIRLS, 8th GIRLS, 7th BOYS, 8th BOYS)**

1500 Meter Run - Girls (will run together)  
1600 Meter Run - Boys (will run together)  
100 Meter Hurdles - Girls then Boys  
200 Meter Dash - Girls then Boys  
800 Meter Medley - Girls then Boys  
200 Meter Hurdles - Girls then Boys  
800 Meter Run - Girls then Boys  
4 x 100 Meter Relay - Girls then Boys ('A' race followed by untimed 'B' race in each division)  
4 x 400 Meter Relay - Girls then Boys

*If you have any questions, please contact me at [lori.eads@albia.k12.ia.us](mailto:lori.eads@albia.k12.ia.us) .  
Let's hope for great weather and we look forward to seeing you on Friday!*