

**WEST DES MOINES BOYS' INVITATIONAL TRACK MEET**

4:30 Tuesday, April 5, 2022

To: Athletic Directors and 8<sup>th</sup> Boys' Track coaches

RE: West Des Moines 8<sup>th</sup> Grade Boys' Invitational Track Meet

Place: Valley High School Track, 35<sup>th</sup> & Ashworth, West Des Moines

Meet Headquarters: Meet headquarters will be in the press box

Entries: Schools may enter two competitors in the "A" Division individual events.

One relay team may be entered in each division. There are no "B" Division individual events. **7<sup>th</sup> graders may only participate in "B" Relays.**

**Coaches please complete electronic entries according to directions given in the link below. REMEMBER, FASTER INDIVIDUALS IN HEAT ONE. "A" RELAYS WILL BE RUN FIRST FOLLOWED BY "B" RELAYS.**

**ALL ENTRIES ARE SET UP THROUGH BOUND**

Entry start 03/31/2022 12:00 AM

Entry end 04/04/2022 8:00 PM

Any questions can be directed to Brett Carney, [Brettcarney10@gmail.com](mailto:Brettcarney10@gmail.com)

Entry Fee: Please mail your entry fee of \$60.00 to David Perrigo, Stilwell Junior High, 1601 Vine Street, West Des Moines, Iowa 50265. That fee pays for both "A" and "B" teams.

Scoring: Points will be awarded as follows:  
Individual/ Relay: 10-8-6-4-2-1

Awards: A trophy will be awarded to the "A" Division champion. Ribbons will be awarded for places one through six in both Divisions.

Dressing: Please have your athletes come dressed for competition.

Valuables: Each team is responsible for your valuables.

Track: The Valley track is all-weather. Quarter inch or less spikes are allowed.

General Information: Please have your teams warm up on the back stretch. Coaches and spectators are to remain in the stands once the running events have started. Participants **will not be allowed on the football field.** Coaches, please help us with this by letting your boys know this. We will have bathrooms and concession stand available in the high school.

The long jump and high jump areas will require flats or warm-up shoes  
The high jump will start at 4'8".

The shot and discus events will be northwest of the track. Remember, there are two entrants for each school in all individual events.  
Meet results will be emailed to each school.

The trophy and ribbons will be awarded at the conclusion of the meet.

Teams Participating:	Ames	Waukee Prairie View
	Ankeny Centennial	Urbandale
	Indian Hills	Stilwell
	Marshalltown	Ft. Dodge

We look forward to seeing you at our meet.

**Seventh graders may only participate in the "B" relays.**

You may enter as many runners as you wish in the 100, Only two may score.

Admission: **Let your parents know there'll be a CASH admission for spectators.**

**Adults/K-12 Students      \$3.00**

Busing: Please have buses drop off on 39th Street near the track, but park on 35th near the baseball/softball complex.