

Southeast Polk Junior High 8th Grade Boys and Girls

Invitational Track Meet

Monday, May 6, 2024

The meet will take place at the new Southeast Polk stadium located across the street from the high school (7945 NE University Avenue). Buses may drop teams off using the stadium parking lot but any buses wishing to stay will need to park across SE 80th street in the junior high parking lots (east of HS). The HS dismisses at 3:01pm so traffic will be congested until about 3:15pm so please plan accordingly.

Schools Participating:

Boys teams - Johnston, Southeast Polk Gold, Southeast Polk Black, Stilwell, Waukee Prairieview, Waukee Timberline

Girls teams - Johnston, Southeast Polk Gold, Southeast Polk Black, Stilwell, Waukee Prairieview, Waukee Timberline, Ft. Dodge

Coaches please report to the press box for check in upon arrival, only scratches will be allowed in the press box.

Girls will run first. Top two individual places and one relay per school will be considered for scoring.

Southeast Polk athletes will run an additional non-timed heat for some events. We will run our 7th graders in SEP only 100 and 200 heats.

Time of Meet:

Field Events: 4:00 p.m.

Running Events 4:30 p.m.

Registration will be done through Varsity Bound, deadline is **Sunday, May 5th at 8:00 pm.** Timing services will be provided by All-American Timing; please contact Brett Carney at (515) 203-9957 or brettcarney10@gmail.com with questions.

Entry Fee:

Please send your fee of \$75.00 per division- \$150.00 total for both girls/boys teams to Jenny Rinehart, Southeast Polk Junior High 8325 NE University Ave. Pleasant Hill, IA 50327. Please make checks payable to Southeast Polk Community Schools. [INVOICE](#) included.

Spectators will be charged \$4 for adults and \$4 for students, **CASH** only at the gate.

Equipment:

Each team furnishes their own equipment except for blocks.

Awards:

Ribbons will be awarded for Girls and Boys for individual events and relays. The boys and girls team winner will receive a trophy/plaques.

Score:	Individual	10.8.6,4,2,1
	Relays	10.8.6,4,2,1

General Information:

Our track requires only ¼" spikes.

The long jump runway is an all weather surface.

The high jump runway is an all weather surface.

The high jump will start at 4'6" for boys and 4'2" for girls

Concession stand will be open.

Teams may enter:

Three people per field event. Three final attempts. The girls will compete in shot put first and the boys will compete in discus first. The boys will long jump first and the girls will high jump first. All field event participants must check in at the event site upon arrival. SEP will have more than 2 participants in some field events so our kids have a chance to compete.

We will follow the mandatory order of running events for junior high/middle school track and field meets.

Entries	# of Entries	Total Boys and Girls Heats
4x800 meter Relay	2 entries-will run in same heat	2 heats total
Shuttle Hurdle Relay	1 entry per team	4 heats total
100 Meter Dash	2 entries per team	4 heats + SEP heats
100 Meter Wheelchair		1 heat
1600 Meter Medley Relay	1 entry per team	2 heats total
400 Meter Dash	2 entries per team	4 heats total
4x200 Meter Relay	2 entries per team	4 heats total
1500/1600 Meter Run	2 entries per team	2 heats total
10 Flight Hurdles	2 entries per team	4 heats total
200 Meter Dash	2 entries per team	4 heats + SEP heats
800 Meter Medley Relay	1 entry per team	2 heats total
200 Meter Hurdles	2 entries per team	4 heats total
800 Meter Run	2 entries per team	2 heats total
4x100 Meter Relay	2 entries per team	4 heats total
4x100 Weight Man's Relay	1 entry per team	2 heats total
4x400 Meter Relay	1 entry per team	2 heats total

Athletes may not "camp" or set up tents inside the track or fence on the stadium turf. Please use bleachers on the east side of the stadium.

Email jenny.rinehart@southeastpolk.org or call at 515-967-5509 Ext. 3006 with any questions.