



2023 Hawkette Invitational Track Meet

Ankeny Stadium (Northview)
1302 N. Ankeny Blvd
April 4th, 2024 – 4:15PM

Mr. Mike Bakker, Activities Director
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Mr. Tom Day, Events Coordinator
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Ms. Lisa Meeker, Activities Secretary
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On behalf of Ankeny High School and the Hawkette Track Team, welcome to our 2024 Track Invitational. The meet will begin at **4:15pm with Field Events and 4:45pm with Running Events.**

Participants:

Ankeny, Ankeny Centennial, Dowling, Indianola, Johnston, Mason City, Norwalk, & WDM Valley

Entry Fee:

\$130.00

Payable to: Ankeny High School

1155 SW Cherry St.

Ankeny, Iowa 50023

Attn: Lisa Meeker, Activities Secretary

Entries:

- Participation limitation rule of the IGHS AU will be followed.
- Enter two athletes in each Varsity & JV individual event, including field events.
- Ankeny only unlimited in Shot, Discus, and Long Jump as well as will fill all empty lanes with our athletes.
- Enter one Varsity & one JV in each relay event with these exceptions: may enter a 2nd 4x100, 4x800, and 4x400 in JV section. 1st to finish will place.
- 1500JV & 3000JV are unlimited entries. 1st two to finish will be scored.
- Varsity 3000 & JV 3000 **MAY** be run separately.
- 4x800 Varsity & JV could be run together if entries allow. Scored separately if combined. Decision based on entries. Please advise athletes the final decision will be made by 4pm.

Entries Link:

- Entries can be made a
- **Online entries due Wednesday April 5th @ 8pm.** Take advantage of late closing time to update entries & avoid changes at the meet site. If changes are needed the day of the meet, email brettcarney10@gmail.com by NOON. Please supply coaches' cell phone number should we have to contact them concerning an entry.

Admission:

Adults & Students (K-8) – \$6.00



Spikes: 1/4" inch

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

Awards: There will be a team trophy awarded to the championship varsity team.
Medals for 1st – 6th place in varsity relays & individual events.

HAWKETTE RELAYS ORDER OF EVENTS

Field Events – 4 Throws/Jumps, No Finals

High Jump Starting at 4'2" (JV/Varsity)

Shot Put - (Varsity/JV)

Discus - (JV/Varsity)

Long Jump - (Varsity/JV)

Order of Running Events – 2 Entries for Individual Events, 1 Entry for each Relay unless otherwise noted under Entries on page 1:

*Sprint Medley Relay

3000 Meter Run

4 x 800 Relay

Shuttle Hurdle Relay

100 Meter Dash

Wheelchair 100

Distance Medley Relay

400 Meter Dash

Wheelchair 400

4 x 200 Meter Relay

100 Meter Hurdles

800 Meter Run

200 Meter Dash

Wheelchair 200

ANKENY HAWKETTES SENIOR RECOGNITION PROGRAM

400 Meter Hurdles

1500 Meter Run

4 x 100 Meter Relay

*Scott Osborn 4 x 400 Meter Relay

*Varsity will run first in ALL running events except the 4 x 400 meter relay and the Sprint Medley so that we can test our system during a JV event rather than the Varsity Sprint Medley.



ANKENY HAWKETTE INVITATIONAL RECORDS

(Updated on April 4th, 2019)

Shot Put	Margo Shandri	42' 07"	Urbandale	2010
Discus	Katie Bartlett	137' 8"	Roosevelt	2005
High Jump	Kathy Peterson Sandra Biere Amy Engle	5' 4"	Indianola Roosevelt Newton	1979
Long Jump	Karlin Hayes	18' 11.25"	Ankeny	1981
Sprint Medley Relay		1:48.67	North	1984
3000 Meter Run	Christa Holmes	10:08.30	Valley	1986
4 x 800 Relay	Grace Larkins, Tarryn Hill, Paige Blackford, Sydney Milani	9:35.55	SEP	2018
Shuttle Hurdle (33 in hurdles)	Kyla Miles, McKenna Zimmerman Maddie Kirchner, Szenita Bahtic	1:07.53	Urbandale	2009
Distance Medley Relay		4:14.64	Dowling Catholic	2010
100 Meter Dash	Christi Hogan	12.20	Ankeny	1995
400 Meter Dash	Liz Messerly	56.12	North	1986
4 x 200 Meter Relay		1:44.58	Ankeny	1997
100 Meter Hurdles (33 in hurdles)	Maddie Kirchner	15.34	Urbandale	2010
800 Meter Run	Katie Flood	2:17.15	Dowling Catholic	2010
200 Meter Dash	Tashika Lewis	25.10	North	1993
400 Meter Hurdles	Karlin Hayes	1:03.03	Ankeny	1981
1500 Meter Run	Christa Holmes	4:42.35	Valley	1989
4 x 100 Relay		49.27	Ankeny	1997
4 x 400 Relay	Natalie Clement, Grace Larkins, Tarryn Hill, Sydney Milani	4:01.97	SEP	2018
Shuttle Hurdle		1:03.40	Newton	1986
100 Meter Hurdles (30 inch hurdles)	Lolo Jones	13.73	Roosevelt	1998

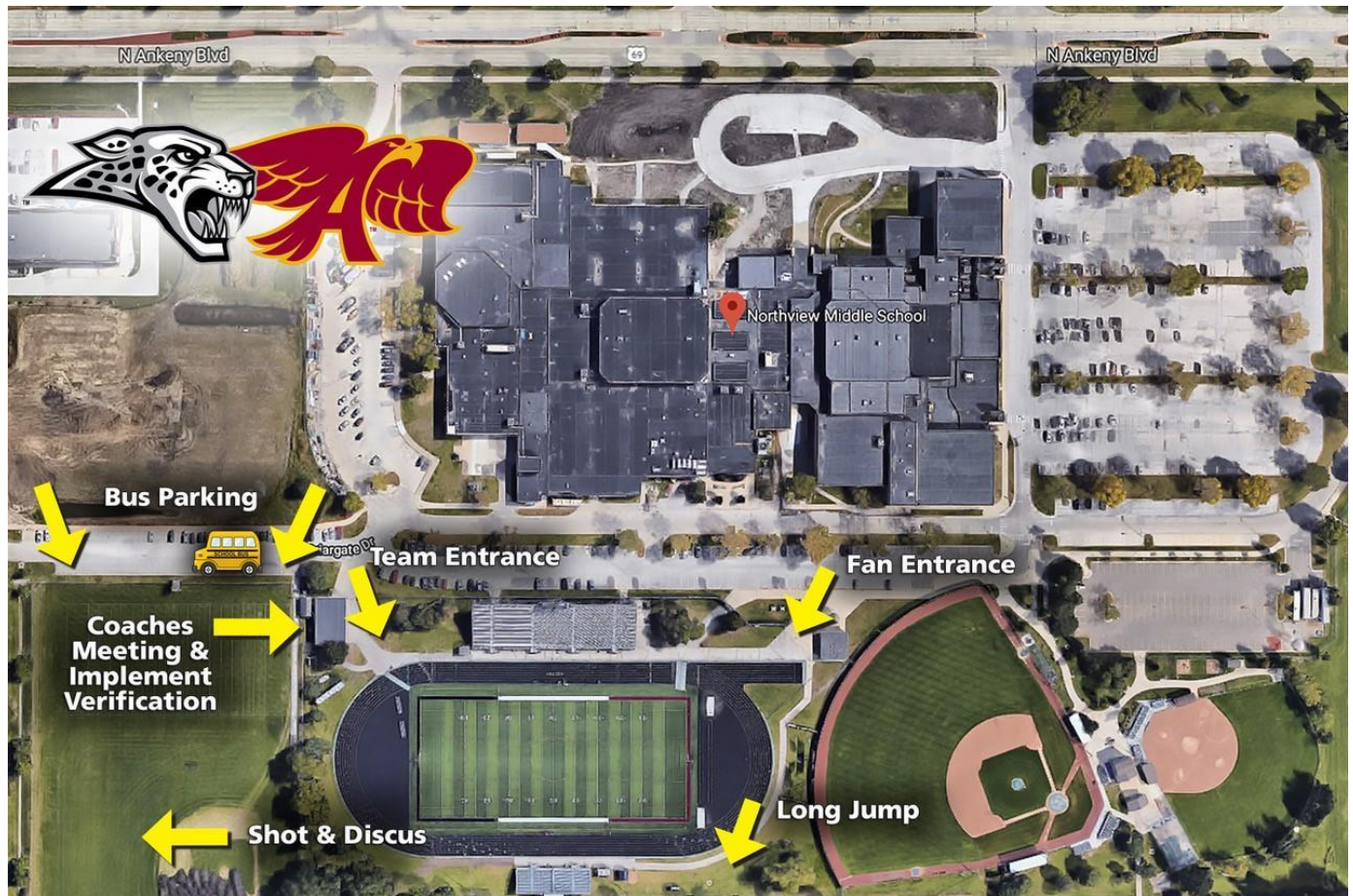


Ankeny High School

Hawkette Track Invitational Site

Northview Middle School

1302 N Ankeny Blvd, Ankeny, IA 50023



NEXT YEARS DATE FOR OUR HAWKETTE TRACK INVITE WILL BE APRIL 4th, 2024

Thanks and looking forward to a great track invite on April 6th.

Mike Bakker, Ankeny Athletic & Activities Director
Ankeny High School

community) challenge) excellence) inspiration) leadership

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