Muscatine High School
Activities Department
2705 Cedar St
Muscatine, IA 52761

Date: Dick Washburn Invite -- March 24, 2022

Teams: Bettendorf, Davenport North, Dubuque Hempstead, North Scott, Pleasant Valley, Cedar Rapids Prairie and Muscatine

Entry Fee: $125.00

ENTRIES: Please submit your entries online, by 8:00pm Wed, March 23, 2022. Scratches only on Meet Day. www.directathletics.com

Entry Limits: Varsity & JV Teams may enter 2 competitors in each individual event and 1 each Relay event.

Note: JV Field events are a maximum of 3 entries per school (maximum of 2 will be scored)
JV 100M and JV 1500 are a maximum of 3 entries per school, & JV 4x100M is a maximum of 2 relays per school.

START TIMES: Field events will begin at 4:30 p.m. and running events at 5:00pm.

SCORING: Varsity and JV teams will be scored
Relays: 10-8-6-5-4-3-2-1 **Individual:** 10-8-6-5-4-3-2-1

AWARDS: Medals are awarded to first three places in all Varsity events. First place medals are awarded in all JV events. A Varsity team Championship award will be presented to the Varsity Team Champion.

SENIOR NIGHT: This will be Senior Night for the Muscatine Girls Track and Field Team. We will have a short presentation, following to the 100 M Hurdles.

ADMISSION: Adults and Students K-12 $5.00

EXTRAS:

All track and jump surfaces are polyurethane rubber limited to ¼" spikes or less. The shot and discus are cement.

Blocks will be provided.

Please instruct your athletes to warm up in the outside lanes on the backstretch **only**.

Please have all individual event runners and relay teams report to clerk of the course when called.

Concessions will be available.

Tom Ulses, Activities Director
Tom.ulses@mcsdonline.org
(563) 263-6141 ext. 1104

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ORDER OF EVENTS

4:15 Coaches Meeting: Team room at the next to the Concession Stand (same bldg.)

4:30 Field Events (Var shot, Var high jump, JV long jump, JV Discus start at 4:30)

5:00 800 M Medley Relay
3000 M Run (waterfall start)
4 X 800 M Relay (1 turn staggered start)
10 Flight Shuttle Hurdle Relay
100 M Dash
1600 Medley Relay (3 turn staggered start)
400 M Dash (2 turn staggered start)
4 X 200 M Relay (4 turn staggered start)
100 M Hurdles
***MHS Senior Night Introductions
800 M Run (1 turn staggered start)
200 M Dash (1 turn staggered start)
400 M Hurdles (2 turn staggered start)
1500 M Run (waterfall start)
4 X 100 M Relay (2 turn staggered start)
4 X 400 M Relay (3 turn staggered start)

Best wishes for an outstanding meet.

If you need any additional information, please contact:

Scott Roberts, MHS Girls Track Coach at 205-534-2087 (scott.roberts@mcsdonline.org) or

Tom Ulses, MHS AD 563-263-6141 (tom.ulses@mcsdonline.org) Cell Phone #: 319-464-7458

MUSCATINE ACTIVITIES DEPARTMENT

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M E M O

TO: Schools entered in the **Muskie Girls Track and Field Invite**

FROM: Tom Ulses, A.D.

RE: Entry Fee

The Entry Fee is **$125.00** per team for the **Muskie Girls Track and Field Invite** to be held **March 25, 2021.**

Please make checks payable to:

Muscatine High School
2705 Cedar Street
Muscatine, IA 52761

Thank you for your prompt attention in this matter. If you have questions, please call the Activities Office at Muscatine High School (563-263-6141, ext. 1114)

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