

GORDY YUSKA WAHAWK RELAYS

Welcome to the Wahawk Relays to be held Tuesday, April 14, 2009. The meet will be held at Waterloo Memorial Stadium located at Central Middle School on Downing and Katoski Drive just off Greenhill Road. Field events start at **4:00pm*** and running events start at 5:00 PM (see attached schedule for details). All running events are heats against the time. **Note: All entries online.** (* Change from last year.)

TEAMS PARTICIPATING (use the letters in parenthesis for your team entry)

Boone (**B**), Cedar Falls (**CF**), CR Jefferson (**CRJ**), CR Kennedy (**CRK**), CR Washington (**CRW**), Dike-Hew Hartford (**DNH**), Fort Dodge (**FD**), IC High (**ICH**), Linn Mar (**LM**) Marshalltown (**MT**), Mason City (**MC**), Waterloo East (**WE**), Waterloo West (**WW**), Waukee (**Wau**), Waverly-Shell Rock (**WSR**), WDM Valley (**WDMV**).

MEET HEADQUARTERS

Coaches should report to the home locker (south end of track) immediately upon arrival to make final scratches and changes. The relay sheet should be filled out and handed in at this time. All scratches and changes will be made final by **3:45 PM** at which time a short coaches meeting will be held.

AWARDS

A team championship trophy will be awarded in both the Varsity & JV competition and Varsity 4x400. Medals awarded for 1-8 in all Varsity events. Ribbons will be awarded 1-8 in all JV events.

ENTRIES (Very Important)

Entries will be locked in, with **NO ADDITIONS** made (except changes), at **10:00pm, Sunday, April 12, 2009.** Online entries only at <http://www.aspimeetz.com/12405> or if using HyTek, email entries to Matt MacKenzie @ mmackenzie@ex.aea267.k12.ia.us (be sure to designate varsity or junior varsity.) *Two contestants in Varsity and ***one** in JV individual events, and one relay in each division (no JV Shuttle Hurd relay). Field events only-2* entries, all Varsity, no JV field events. (Questions about online entries can be made to Coach MacKenzie.)

ENTRY FEE

Entry fee of \$90.00 should be sent as soon as possible.

FIELD EVENTS

Take place on cement and require rubber-soled shoes (see time schedule for information). Runways for the high jump and long jump are the same material as the track. Spikes must be ¼" (or less).

STATE MEET SCORING

Individual: 10-8-6-5-4-3-2-1

Relays: 10-8-6-5-4-3-2-1

Please tell your athletes to stay off the football field and away from the finish area at all times! THIS INCLUDES THE SOUTH END OF THE FOOTBALL FIELD. THIS WILL BE ADHERED TO! THANKS!!

OTHER INFO

Admission: Adults \$5.00, Students: \$4.00 Starter: Dr. Tom Cahalan

Runners must report to the Clerk of Course prior to their race. **All relay anchor runners and runners 800m or longer will wear numbers** on their left chest and **right** hip.

Warming up should be done on the backstretch or North curve only.

See you the 14th!

Jeff Frost, Athletic Director

Matt MacKenzie-Head Coach (319-231-1736)

Gordy Yuska, Meet Director C: 319-290-8121 (daytime) H: 319-232-9226 (evenings)

GORDY YUSKA WAHAWK RELAYS

2009 Participating Teams

| | |
|------------------------------|-------------------------|
| Boone (B) | Linn Mar (LM) |
| Cedar Falls(CF) | Marshalltown(MT) |
| Cedar Rapids Jefferson(CRJ) | Mason City(MC) |
| Cedar Rapids Kennedy(CRK) | Waterloo East(WE) |
| Cedar Rapids Washington(CRW) | Waterloo West |
| Dike-New Hartford (DNH) | Waukee(Wau) |
| Fort Dodge(FD) | Waverly-Shell Rock(WSR) |
| Iowa City City High(ICH) | WDM Valley(WDMV) |

FIELD EVENTS

*Varsity Only (2 entries) 4:00 PM

Shot put- 4 throws (3 Flights)
 Discus- 4 throws (3 Flights)
 Long Jump- 4 attempts (3 Flights)
 High Jump- "5 Alive" – starting height 5'4"

RUNNING EVENTS-(JV precedes Varsity, All heat finals against time)

=cones for cut * = starting blocks h = right hip c=left chest

| | | | <u># of heats</u> | <u>Start line</u> | <u>exchange zones</u> |
|----|-----------------------|--|-------------------|-------------------|---|
| - | 4:56- National Anthem | | | | |
| # | 5:00 3200 h/c | | JV-1/V-1 | Double waterfall | |
| # | 5:30 4 X 800 h/c | | JV-1/V-1 | Green | all exchanges Green |
| * | 5:55- S.H. Relay | | V-4 | Black | (black tick) |
| * | 6:15- 100 | | JV-2/V-4 | White | |
| * | 6:30- 400 | | JV-2/V-4 | White | |
| * | 6:55- 4 X 200 | | JV-2/V-2 | Red | 1 st & 2 nd Red 3 rd Yellow |
| * | 7:10- 110 Highs | | JV-2/V-4 | Black | (black tick) |
| # | 7:25- 1600 h/c | | JV-1/V-1 | Double waterfall | |
| * | 7:40- 200 | | JV-2/V-4 | White | |
| * | 8:00- 400 Lows | | JV-2/V-3-4 | White | (green tick) |
| *# | 8:20- Medley h/c | | JV-2/V-2 | Black | 1 st & 2 nd Black 3 rd Green |
| # | 8:45- 800 h/c | | JV-1/V-2 | Double waterfall | |
| * | 9:00- 4 X 100 | | JV-2/V-2 | White | all exchanges Yellow |
| * | #9:15- 4 X 400 h/c | | JV-2/V-2 | Black | 1 st Black 2 nd & 3 rd Green |

Scoring: Relays: 10-8-6-5-4-3-2-1

Individual: 10-8-6-5-4-3-2-1

DRAKE RELAYS

HIGH SCHOOL BOYS' ENTRIES HISTORICAL CUTOFF TIMES FOR EACH EVENT

2008 FIELD CUTOFFS: SHOT 50'11.75" – DISCUS 154'3" – HIGH JUMP 6'4" – LONG JUMP 21'4.25"

| YEAR | 100M | 110HH | 1600 | 3200 | 400LH | MEDLEY | 4X200 | 4X400 | <u>4X800</u> | <u>4x100</u> |
|------|-------|-------|---------|----------|-------|---------|---------|---------|--------------|--------------|
| 1999 | 11.05 | 15.56 | 4:32.94 | 9:58.29 | 56.5 | 3:40.9 | 1:32.99 | 3:32.36 | 8:22.1 | |
| 2000 | 10.98 | 15.26 | 4:31.78 | 9:55.2 | 55.86 | 3:40.6 | 1:32.49 | 3:29.67 | 8:16.4 | |
| 2001 | 10.99 | 15.2 | 4:32.2 | 9:56 | 54.89 | 3:41 | 1:32.78 | 3:30.56 | 8:18 | |
| 2002 | 10.87 | 15.13 | 4:33.74 | 9:55.11 | 54.93 | 3:41.73 | 1:32.88 | 3:29.77 | 8:18.72 | |
| 2003 | 10.93 | 15.4 | 4:33.4 | 9:59.51 | 55.47 | 3:40.22 | 1:32.72 | 3:30.65 | 8:15.36 | |
| 2004 | 11.01 | 15.16 | 4:35 | 9:59.51 | 55.09 | 3:40.14 | 1:32.59 | 3:29.51 | 8:14.2 | 45.90 |
| 2005 | 10.91 | 15.09 | 4:31.83 | 9:58.7 | 55.05 | 3:38.24 | 1:32.09 | 3:28.24 | 8:12.46 | (80 teams) |
| 2006 | 11.04 | 15.34 | 4:32 | 10:01.43 | 55.49 | 3:38.84 | 1:31.93 | 3:27.95 | 8:15.01 | 45.28 |
| 2007 | 11.24 | 15.64 | 4:34.04 | 9:56.64 | 56.04 | 3:40.84 | 1:32.94 | 3:29.44 | 8:17.14 | 45.74 |
| 2008 | 10.91 | 15.28 | 4:34.14 | 9:59.32 | 55.85 | 3:42.40 | 1:32.90 | 3:31.20 | 8:17.0 | 45.75 |