



9-10 Meet

Co-Ed

Waverly-Shell Rock
High School
Thursday, April 23
5pm



Online Entry Opens: Thursday, April 16th

All entries will be submitted online. You may enter this meet by going directly to <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2553> Make sure you print out a hard copy of entries for your records after you have declared. **You will be able to make changes and updates through 12:00 midnight on Wednesday, April 22nd.** If you have any questions please call Chris Davis at (319) 240-7420 or e-mail him at chrisd@schumacherelevator.com

Final Declarations: Declarations Closes: 12:00 midnight Wednesday, April 22nd

You **must declare** your final roster by pushing the declare button at the bottom of your entry list. This may be done anytime before the deadline. Do this only when you have made your final changes. **TEAMS AND INDIVIDUALS THAT DO NOT DECLARE WILL BE DROPPED FROM THE MEET.**

GENERAL INFORMATION:

1. Final scratch meeting at 4:15 p.m. under the stadium. You will be given a sheet to make any changes.
2. Please use spikes no longer than 3/16.
3. \$30.00 per team must accompany your entry blank. \$60.00 per school if entering a boys and girls team.
4. Information packets should be picked up upon arrival at the stadium. Packets will be available under the south end of the west bleachers. Please inform your athletes that this area is not open to contestants.
5. Field events will start at 5:00 p.m. Concrete surfaces for shot and discus. Track like surfaces for long jump and high jump.
6. Warm ups must be completed by 5:00 p.m. for field events. Reminder: Adult supervision needs to be present at all field events during warm-ups. Please see that this is covered.
7. Practice baton exchanges on the east side of the track.
8. Please remind your athletes to stay clear of the infield and finish line. This is important with field conditions at this time.
9. Location of camps: Please keep all camps outside of the track. **NO ONE IS TO BE ON THE INFIELD.**
10. All runners in each event will report to the clerk at the northwest end of the track.
11. There will be a first call and second call for each event.
12. Relay Cards: If you have already filled out this information on your online link then you will not have to fill out relay cards as we will already have your information.
13. Starting blocks will be furnished.
14. Exchange zone tape will not be allowed on our track this year. We will provide tennis balls cut in half to use. We will have a pail of these at each corner of the track for the athletes to use.
15. A concession stand will be in operation at the stadium. Coffee and cookies for the visiting coaches and officials under the stadium.
16. Awards and results may be picked up at the conclusion of the meet by the coach in the press box. The rules of the IGHSAU and the IHSAA will govern the meet.
17. Admission: Adults - \$5.00, K-12 - \$3.00.

Dave Litterer, Athletic Director
Tammy Wheeler, Meet Coordinator (319) 352-0300 email dtwheel@msn.com
Waverly-Shell Rock High School

Order of events in on the other side



9-10 Meet

Co-Ed

Waverly-Shell Rock

High School

Thursday, April 23

5pm



Order of Events

5:00

National Anthem

Field Events

5:15

Running Events

3000 M. Run G

4 x 800 M. Relay B

4 x 800 M. Relay G

3200 M. Run B

Shuttle Hurdle Relay B

Shuttle Hurdle Relay G

100 M. Dash G

100 M. Dash B

Distance Medley Relay G

400 M. Dash G

400 M. Dash B

4 x 200 M. Relay G

4 x 200 M. Relay B

100 M. Hurdles G

110 M. High Hurdles B

1600 M. Run B

800 M. Run G

200 M. Dash G

200 M. Dash B

400 M. Low Hurdles G

400 M. Low Hurdles B

1600 Medley Relay B

Sprint Medley Relay G

1500 M. Run G

800 M. Run B

4 x 100 M. Relay G

4 x 100 M. Relay B

4 x 400 M. Relay G

4 x 400 M. Relay B

Girls Teams: Cedar Falls, Charles City, Decorah, Don Bosco, Marshalltown, Mason City, W-SR

Boys Teams: Cedar Falls, Charles City, Don Bosco, Marshalltown, Mason City, New Hampton, Waterloo West, W-SR

**9-10
Boy/Girl Invitational Meet Records**

Boys

Shot	49' 6"	Iverson	New Hampton	2006
Discus	143' 5"	Laures	New Hampton	1992
High Jump	6' 4"	Tischler	Cedar Falls	1997
		Busch	Cedar Falls	1995
Long Jump	20' 91/4"	Gilbreath	W-S R	1995
		Rochford	Mason City	1998
3200 M Run	9:59.78	Mark	Cedar Falls	2006
110 M Run	14.95	Flansche	New Hampton	1998
100 M Run	11.14	Gilbreath	WSR	1995
4 x 800 Relay	8:35.37		Marshalltown	2000
200 M Dash	22.69	Richtsmeier	Cedar Falls	1997
1600 M Run	4.43.78	Plagge	WSR	2000
4 x 200 Relay	1:34.10		Cedar Falls	1997
400 M Dash	51.88	Yearous	New Hampton	2004
400 M Low Hurdles	56.95	Avery	WSR	1999
Medley Relay	3:49.10		Marshalltown	2006
800 M Run	2:05.71	Velasquez	Cedar Falls	2006
4 x 100 Relay	45.23		Cedar Falls	1997
4 X 400 Relay	3:33.92		Kennedy	1998
Shuttle Hurdle Relay	1:03:24		Cedar Falls	2007

Team Champions

1988	Waverly-Shell Rock
1989	Cedar Rapids Kennedy
1990	Marshalltown
1991	Marshalltown
1992	Waverly-Shell Rock
1993	Marshalltown
1994	Cancelled
1995	Waverly-Shell Rock
1996	Cedar Falls
1997	Cedar Falls
1998	Waverly-Shell Rock
1999	Waverly-Shell Rock
2000	Cedar Falls
2001	Cedar Falls
2002	Cedar Falls
2003	Cedar Falls
2004	CR Kennedy
2005	Marshalltown
2006	Cedar Falls
2007	Cedar Falls
2008	Cedar Falls

Teams: 2009

Cedar Falls
Charles City
Don Bosco
Marshalltown
Mason City
New Hampton
Waterloo West
Waverly-Shell Rock

**9-10
9-10 Boy/Girl Invitational Meet Records**

Girls

Shot	38' 10 1/2"	Coil	Waverly-Shell Rock	1999
Discus	114' 3"	Egli	Cedar Falls	2000
High Jump	5' 1 1/2"	Stensland	Waverly Shell Rock	1995
Long Jump	16' 9"	Gilbreath	Waverly-Shell Rock	1997
3000 M Run	10:59.46	Lageschulte	Marshalltown	2005
4 x 800 Relay	10:01.38		Cedar Falls	2002
Shuttle Hurdle Relay	1:08.69		New Hampton	1999
Dist. Medley	4:30.08		Cedar Falls	1991
100 M Dash	12.40	Anderson	Waverly-Shell Rock	1997
400 M Dash	1:00.35	Dorenkamp	Waverly-Shell Rock	1997
4 x 200 Relay	1:53.12		Waverly-Shell Rock	1991
100 M Hurdle	15.54	Anderson	Waverly-Shell Rock	1997
800 M Run	2:26.58	Cashman	WSR	2006
200 M Dash	26.63	Biddle	Waverly-Shell Rock	1991
400 M Hurdles	1:10.92	Olson	Mason City	1993
Sprint Medley	1:59.01		Cedar falls	2002
1500 M Run	5:12.14	Loyschult	Marshalltown	2005
4 x 100 Relay	50.88		Cedar Falls	2002
4 X 400 Relay	4:15.28		W-SR	2005

Team Champions

1988	Waverly-Shell Rock
1989	Waverly-Shell Rock
1990	Marshalltown
1991	Waverly-Shell Rock
1992	Waverly-Shell Rock
1993	Cedar Falls
1994	Cancelled
1995	Waverly-Shell Rock
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1997	Waverly-Shell Rock
1998	Cedar Falls
1999	Cedar Falls
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2001	Cedar Falls
2002	Cedar Falls
2003	Cedar Falls
2004	Cedar Falls
2005	Cedar Falls
2006	Cedar Falls
2007	Cedar Falls
2008	Cedar Falls

Teams 2009

Cedar Falls
Charles City
Don Bosco
Marshalltown
Mason City
Waverly-Shell Rock