

COUNCIL BLUFFS GIRLS' MIDDLE SCHOOL  
CITY TRACK MEET

*\*If you need a ride to stadium, please let Coach Walter know.  
Check Email for Order of Events.*

**DATE: Monday, April 26, 2021**

**TEAMS ENTERED:** Heartland Christian, Kirn, LC, SA, & Wilson

**LOCATION:** Lewis Central Stadium Track

**TIME:** 4:00 PM Field Events & 4:30 P.M. Running Events

7th followed by 8th

**TRACK SURFACE:** 1/4" pyramid spikes or less may be worn. No needle or Christmas tree spikes are allowed. No Tape. Blocks provided.

**AWARDS:** Ribbons will be awarded 1-5 place individual, 1-3 place relay.

**SCORING:** Individual 8-6-4-2-1 Relays 8-6-4-2

**MEET LIMITATIONS:** INDIV. 4 ENTRIES PER SCHOOL (3 will score)

**RELAY:** 2 PER SCHOOL (ONLY 1 WILL SCORE)

**ATHLETES/CAMPS:** Athletes are to report to the check-in table at the north end of the football field to receive their number sticker-put on left hip and lane assignment. All camps will be outside the track. NO camps are to be on the infield.

**WARM-UP:** Please instruct your athletes to warm up in the outside lanes. Athletes should stay away from the start and finish lines.

**FIELD EVENTS:** Shot Put - 7th followed by 8th Discus – 8th then 7th

Long Jump – 7th followed by 8th

High Jump – (Girls' starting height: 7th grade 3' 4" & 8th grade 3' 8") 8th followed by 7th

**FINISH LINE:** Please inform all runners to return to the finish line in their lanes upon completion of their event.

**CONCESSION STAND:** Will be available

*NO SUNFLOWER SEEDS OR GUM ALLOWED.*

**ADMISSION PRICE:** Adults \$3 and Students \$2

COUNCIL BLUFFS BOYS' MIDDLE SCHOOL  
CITY TRACK MEET

*\*If you need a ride to stadium, please let Coach Walter know.  
Check Email for Order of Events.*

**DATE: Monday, April 26, 2021**

**TEAMS ENTERED:** Heartland Christian, Kirn, LC, SA, & Wilson

**LOCATION:** Gale Wickersham Complex; Bob Neilson Track

**TIME:** 3:45 PM Field Events & 4:15 P.M. Running Events

7th followed by 8th

**TRACK SURFACE:** 1/4" pyramid spikes or less may be worn. No needle or Christmas tree spikes are allowed. No Tape. Blocks provided.

**PARKING:** All Spectator parking will be in the main two lots.

**AWARDS:** Ribbons will be awarded 1-5 place individual, 1-3 place relay.

**SCORING:** Individual 8-6-4-2-1 Relays 8-6-4-2

**MEET LIMITATIONS:** INDIV. 4 ENTRIES PER SCHOOL (3 will score)

**RELAY:** 2 PER SCHOOL (ONLY 1 WILL SCORE)

**ATHLETES/CAMPS:** FAT FinishLynx timing, each contestant when checking in will be assigned a hip number to identify them in the system. Hip Numbers must be worn on the left hip. Team tents/camps must be set up in the visitor bleacher areas.

**WARM-UP:** Please instruct your athletes to warm up in the outside lanes. Athletes should stay away from the start and finish lines.

**FIELD EVENTS:** Shot Put High Jump 7th/8th (Starting at 3'10"), Long Jump 8th/7th, Discus 7th/8th, Shot Put 8th/7th

**FINISH LINE:** Please inform all runners to return to the finish line in their lanes upon completion of their event.

**CONCESSION STAND:** Will be available

**ADMISSION PRICE:** Adults \$3 and Students \$2

