



Girls' A.D. Dickinson Iowa High School Indoor Track and Field Championships

March 23, 2010

"The Midwest's Premier High School Indoor Track Meet"

Host: University of Northern Iowa Track and Field Program

Competition Dates: Tuesday, March 23rd, 2010 11:00am Start Time

Meet Director: Eric Hanenberger, Assistant Track and Field Coach

Rules: IGHSAU rules will govern all events.

Venue: The UNI-DOME track is one of the fastest and largest radius 200 meter tracks in the United States (8 x 42" lanes). The track and long jump and high jump approaches are Southwest polyurethane. The shot put circle is wood. Starting blocks will be furnished. No spikes longer than ¼" or 9mm will be permitted. Please bring your own batons, towels, spikes, and throwing implements.

Entry Fee: \$150 maximum per team (boys and girls separate)
\$20 per athlete
\$20 per relay

Cash or check will be accepted. Make checks out to: UNI Athletics – Iowa HS Indoor Championships. We **MUST** (because of NCAA regulations) have the entry fee in our possession prior to your athletes competing. ***PLEASE NOTE - Checks can be mailed to us prior to the meet. Send to: Mindy Noble, North Dome Offices UNI Dome, Cedar Falls, IA 50614-0310. Please bring meet entry fee with you to the meet if you don't mail it previously. If you have any conflicts with this please contact the meet director.

Entries: **All Iowa high school athletes in all classes are eligible for this meet.**
Individual events: (HJ, LJ, SP, 60m dash, 60m hurdles, 3000m, 1500m, 400m, 200m, 800m).
You may compete two individuals in all individual events.

Relays: (4x100m, 4x200m, 4x400m, 4x800m)
You may compete one team in each relay.

On-line Entry: Entry for all athletes in all events will be done on-line. This system is very user friendly and we have used it for all of our home meets for the last four years.

1. Click on the following link: <http://www.aspimeetz.com/12922>
2. Fill out all team information. You must create a team abbreviation and must create a username and password in order to get back into the system. Your abbreviation can not be the same as another team already signed up. (Meet Administration will monitor this and notify you if a change is necessary).
3. **Use current 100m dash/110m hurdle times for the 60m dash/hurdle entry times. DO NOT use 60m times.**
4. **Use English (feet and inches) for the field event entry marks.**
5. BE REALISTIC. We would like you to use 2009 outdoor best times or use times you have run at the time of this meet. If you enter a mark that is determined to be unrealistic your team will be moved to the slowest/shortest heat/flight.

Entry Period: You may enter your team, add/subtract/make changes athletes and relays during this period. Do not select "Declare" during this period unless you are absolutely sure your line-up is final. After this deadline passes you may not enter your team unless you receive permission from the meet director.
Begins Thursday, February 18th at 12:00pm
Ends Wednesday, March 17th at 12:00pm

Declaration Deadline: **Wednesday, March 17th at 12:00pm.** You may continue to make changes/additions/scratches until the date/time listed above. You must "Declare" your team prior to this deadline or your team/individuals/relays will be dropped from the meet.

Seeding: All running events will be decided by running sections against time. Sections will be run from SLOW to FAST.

Scratches: We will not be taking scratches this year. We will only attempt to change heats or flights if less than three competitors check-in with the clerk.

Changes/Substitution: (Ex. If replacing Jane Doe with Lisa Smith, please tell Lisa that she will check-in under Jane's name and assume her heat/lane/flight assignment).

Awards/Scoring: **First place finishers will be crowned State Champions.** Top six (6) individual and relays will be awarded medals. No team scores will be kept.

Field Events: Starting heights and other information

High Jump – 4'8"
Two pits will be used if necessary.

Long Jump - Flights will be seeded with the top jumpers in the final flight. All jumpers will be given three preliminary jumps. The top nine (9) performers from the prelims will advance to the finals.

Shot Put - Flights will be seeded with the top throwers in the final flight. All throwers will be given three preliminary throws. The top nine (9) performers from the prelims will advance to the finals. Two circles may be used in the preliminary rounds if necessary.

Dickinson Girls Indoor State Meet – Tuesday March 23rd.

Order of Events:

11:00am	High Jump
11:00am	Long Jump
11:00am	Shot Put
11:00am	3000m run
	4x200m relay
	4x800m relay
	60m hurdles prelims (top 16 advance to finals)
	60m dash prelims (top 16 advance to finals)
	1500m run
	400m dash
	60m hurdle final (two heat final-slow to fast)
	60m dash final (two heat final-slow to fast)
	200m dash
	800m run
	4x100m relay
	4x400m relay

*A more specific time schedule will be released after all entries have been declared.

*Remember--if we get ahead of schedule during the meet we will stay ahead!!!

If you have any questions please email: eric.hanenberger@uni.edu