



**The Girl's AD Dickinson Relays**  
**Monday, March 4th, 2019**  
**"The Midwest's Premier High School Indoor Track Meet"**

**2019 Girl's AD Dickinson Relays**

**Host:** University of Northern Iowa  
**Date:** Monday, March 4th, 2019 **2:00pm Start Time**  
**Meet Director:** Dan O'Mara  
**Rules:** IHSAA rules will govern all events.  
**Venue:** The UNI-DOME track is one of the fastest 200 meter flat tracks in the United States (8 x 42" lanes). The track, long jump and high jump surfaces are polyurethane. The shot put circle is wood. Starting blocks will be furnished. **No spikes longer than 1/4"** 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 Girls HS Meet. We **MUST** (because of NCAA regulations) have the entry fee in our possession prior to your athletes competing. Checks can be mailed prior to the meet. **Mail-in deadline for entry fees is March 1<sup>st</sup>**. Send checks to: **Kelly Destival, North Dome Offices UNI Dome, Cedar Falls, IA 50614-0310. Office phone (319-273-6005) email: [Kelly.destival@uni.edu](mailto:Kelly.destival@uni.edu), Fax 319-273-4700**. Those who wish to hand deliver the meet entry fee need to do so prior to the start of the meet. **There will be someone to greet you and accept the your entry fee money at the Finish line tables**

**Entries:**

**We understand this is the first meet of the year for many athletes and establishing accurate seeding marks isn't always possible. We will make every effort to select the best possible fields for the invitational sections. Previous outdoor state finalists will be given priority, but we will also consider athletes who have yet to earn a quality mark in an invitational event. If you have an athlete who you feel should be considered for an invitational section, please provide additional information with their entry so we can more accurately determine the best possible fields.**

**Individual events:** You may enter **(3)** athletes in all individual events.  
HJ, LJ, SP, 60m dash, 60m hurdles, 400m, 200m, and 800m  
3000m Invitational (limited to top 32)  
1500m Invitational (limited to top 36)

**Relays:** You may enter **(1)** team in each relay.  
(4x200m, 4x400m, 4x800m)

## **Minimum Measurements: LONG JUMP & HIGH JUMP**

**Long Jump: 14'6"**

**High Jump: Starting height 4'4"**

### **Invitational Events**

**\*State Finalists and Verified Invitational Entries will be given first priority.\***

**3000 meter Invitational: Top 32 entries 2 flights of 16**

**1500 meter Invitational: Top 36 entries 3 flights of 12**

**Entry Period:** You may enter your team, add/subtract/make changes to 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.

**Online Entries OPEN Friday, January 1st at 12:00 pm**

**Online Entries CLOSE Thursday, February 28<sup>th</sup> at 12:00 pm**

**On-line Entry:** Entry for all athletes will be done online. This is an easy system to use. We have used it the past few years.

Click on the following link: <https://www.aspimeetz.com/27016>

1. 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).
2. **Use current 100m dash/110m hurdle times for the 60m dash/hurdle entry times. DO NOT use 60m times.**
3. **Use English (feet and inches) for the field event entry marks.**
5. BE REALISTIC. We would like you to use 2018 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 at our discretion.

**Declaration Deadline:** **Ends Thursday, February 28<sup>th</sup> at 12pm (NOON).** 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.

**Acceptance List** A Participants Acceptance list will be posted **Thursday, February 28<sup>th</sup> by 5pm.**

**LATE FEE** If you are late getting your entries in on time there will be a \$**25.00 late fee.**

**Heat Sheet Posting:** All heat sheets will be posted by **Friday, March 1<sup>st</sup> by 5:00pm** on <http://unipanthers.com/index.aspx?path=track&> under (more links).

**Seeding:** All running events will be decided by running sections against time. **All sections will be run from SLOW to FAST. Preferred Lanes for UNI's 200m track (200 – 7,8,6,5,4,3,2,1 400-6,7,5,8,4,3,2,1)**

**Awards/Scoring** Awards will be given to the top three finishers in all events. No team scores will be kept.

**Field Events:** Starting heights and other information

Girls High Jump – **starting height 4' 4"**  
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. **Minimum Distance – 14'6"**. 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.

#### **Coaches Check In**

Coaches can check in at the Finish line tables located at the South end of the indoor track. There you can pick up a copy of the heat sheets, pay your entry fee and give us your scratches. If there are any changes to the meet or the time schedule we will let you know at that time.

## **A.D. Dickinson Relays Girls Indoor Meet – Monday, March 4th**

### **Order of Events:**

<b>2:00pm</b>	High Jump ( <b>starting height 4'4" feet</b> )
2:00pm	Long Jump ( <b>Minimum distance measured 14'6"</b> )
2:00pm	Shot Put
2:00pm	3000m Invitational ( <b>Top 32 entries</b> )
2:30pm	4x200m relay
3:20pm	4x800m relay
4:25pm	60m hurdles prelims (top 16 advances to finals)
5:00pm	60m dash prelims (top 16 advances to finals)
5:40pm	1500m Invitational ( <b>Top 36 entries</b> )
6:00pm	400m dash ( <b>20 sections of eight. Top 4 sections provided blocks</b> )
6:45pm	60m hurdle final (two heat final-slow to fast)
6:50pm	60m dash final (two heat final-slow to fast)
7:00pm	200m dash ( <b>20 sections of eight Top 4 sections provided blocks</b> )
7:40pm	800m run ( <b>10 sections of 14 competitors only</b> )
8:30pm	4x400m relay
9:05pm	End of Meet

\*A final 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: [daniel.omara@uni.edu](mailto:daniel.omara@uni.edu)