

ENTRY PROCESS: Use the online system to make all entries. High School entries will done using the Bound system and Direct Athletics for UCO.

Timetable Deadlines:	Initial Entries	Sunday, March 16th 6:00 AM	Please make your initial entries as soon as you get information. You can change details up until the Entry deadline.
	Entry Deadline	Wednesday, APRIL 9th 12:01 PM (NOON)	Entry site closes at that time. We extract your athletes and entries at that time.
	Performance lists will be available on the Web by Thursday April 11 @Noon		

Entry Fees:

- \$125.00/Team High School (\$250 total for Male and Female)
Can pay \$15 per Athlete up to \$125 max.)
- \$200/Team University/College/Open --UCO (\$400.00 total both Male and Female)
- \$15 for an individual Un-attached athlete in UCO Division
- Checks for payment of entry can be presented at packet pickup or mailed to:
SIOUX CITY RELAYS
C/O Netsys+, Inc
1915 Morningside Ave
SIOUX CITY, IA 51106

Divisions: College/University/Open Men & Women High School A-B-C (Assigned by committee, see Web Site)

Entry Limits:

High School Two (2) entries per individual event, one (1) per relay.
HS Entry rules apply. The committee reserves the right to wave the entry limit based on exceptional performances on a single team.

College: three (3) per event.

Requests for additional competitors will be considered only if the time schedule is not disrupted.

HS Boys/Girls		
Event	Entry Limits	Classes
4 x 100m	Top 8	A B C
4 x 200m	Top 8	A B C
4 x 400m	Top 8	A B C
4 x 800m	Top 16	All Combined
1600m Medley Boys/800m Medley Girls	Top 8	A B C
400 m Dash	Top 16	All Combined
800 m Run	Top 24	All Combined
1500/1600m	Top 32	All Combined

3000/3200m	Top 32	All Combined
400 Hurdles	Top 24	All Combined

We will attempt to run the maximum number above – we will fill scratches from the performance list at check-in if possible. This is an effort to give teams and individuals on the bubble a chance to compete.

Field Event Entry Limits and Measurement Minimums

Please note the comments on marked events

EVENT & DIVISION	FIELD LIMITS	CLASSES	STANDARDS FOR MEASUREMENT	Event Comments
High School Girl's Long Jump	Top 32	ALL COMBINED	14'	
High School Boy's Long Jump	Top 32	ALL COMBINED	18'	
High School Girl's High Jump	Top 32	ALL COMBINED	4'8 Starting Height*	2" Inc to 5' then 1"
High School Boy's High Jump	Top 32	ALL COMBINED	5'8 Starting Height*	2" Inc to 6' then 1"
High School Girl's Shot Put	Top 32	ALL COMBINED	30'	
High School Boy's Shot Put	Top 32	ALL COMBINED	40'	
High School Girl's Discus	Top 32	ALL COMBINED	90'	
High School Boy's Discus	Top 32	ALL COMBINED	120'	
College Women's Long Jump	Top 32		4.5m	
College Men's Long Jump	Top 32		6.0m	
College Women's High Jump	Top 32		1.52m Starting Height*	5cm to 1.78m, then 3cm
College Men's High Jump	Top 32		1.77m Starting Height*	5cm to 2.03m, then 3cm
College Women's Triple Jump	Top 32		9.0m	
College Men's Triple Jump	Top 32		12.0m	
College Women's Shot Put	Top 32		10.5m	
College Men's Shot Put	Top 32		13.0m	
College Women's Discus	Top 32		30.5m	
College Men's Discus	Top 32		36.5m	
College Women's Hammer	Top 32		30.5m	
College Men's Hammer	Top 32		38.0m	
College Women's Javelin	Top 32		23.0m	
College Men's Javelin	Top 32		30.5m	
College Women's Pole Vault	Top 32		3.00m	15cm to 3.6m, 10 to 4m 5cm after
College Men's Pole Vault	Top 32		4.00m	15cm to 4.6m, 10 to 5m 5cm after
	We will limit the HS events to Top 32, College limits may be opened based on Weather conditions.			* - Event officials can adjust this based on field and weather conditions.

Proof of Performances (POP): All performances will be subject to verification using the online services as appropriate for the level or state.

Seed times maybe challenged through meet administration. Some latitude may be required due to early season conditions.

Protests: Must be by chain of command-Referee first-Jury if necessary.

The timing trailer or the announcer both will assist you in locating the proper official.

Lane Assignments: On time basis. Top 8 advance to final.
Elite Championships will be filled based on Class Winners from A, B and C
and next 5 fastest times.

Staging Area: Running event contestants will be required to assemble in the staging area located at the start of the straightaway before their scheduled race.

In most cases you will be directed to the area closest to the start of your race near the start finish line.
MAKE SURE YOUR ATHLETES UNDERSTAND THE CHECK IN PROCESS!

Teams and individuals must check in at least **30 minutes** prior to scheduled time. Failure to do this may result in disqualification from the event. **We will run ahead of schedule when able or necessary.**

Relay Cards: **** WE EXPECT RELAY NAMES TO BE ENTERED ON THE ENTRY SITE PRIOR TO ENTRY DEADLINE.
ONLY IF THE TEAM CHANGES WILL YOU BE ASKED TO SUBMIT AN UPDATED RELAY CARD. ****

Changes should be taken directly to the timing trailers for adjustment of your line up. NO Relay card is required in most cases.

Please do this prior to the start of the relay race. This is to assist the announcer to recognize performances.

Participant Number: We will not be using Numbers this year.

Warm-ups: South side only (Back Stretch) *Please do not warm-up on the north side (Front Stretch)*
The Turf field west of the stadium locker room can also be used for warmups.

Olsen Stadium Rules Olsen Stadium is a Sunflower free facility. Sunflower seeds can damage the field turf. We also request that Sports drinks not be used on or around the field turf area.

Spike Size: Maximum length 1/4 inch in warmups or races. Athletes will be disqualified if using longer.

Shot, Discus: Use your own. All implements will be weighed.

Packet Pickup: Coaches' check-in starts Friday at 12:00 noon through Saturday 10:30 am in the West corner of the Stadium or West Field house as required by weather conditions.

Results: All results will be published at <https://results.dakotatiming.com>

Awards: Awarded immediately after race or event finals near the finish line.

High School Division – Medals to Top 5 individuals/ Top 3 relays.

UCO - Championship T-shirt and SC Relay shirts to top 5 Individuals -Top3 Relays.

Outstanding Athlete Award: UCO division Male & Female- High School division Male & Female.

These awards are made at the conclusion of the meet whenever possible.

Dressing Room: Located at the West End of the track. Lockers are available, be sure to bring your own lock and towels.

Trainer: Available at the North Locker room at the west end of the stadium.

Team Camp Sites: Please use the East end of the stadium around the shelter or south stadium. No campsites on the inside of the track.

No tents/shelters on the North stands that dimmish the view of the finish line area.

Starting Blocks: Provided near the starting areas.

High School Uniform Rules: National High School Federation standards are applied. It is the coach's responsibility to know the rules. If you have concerns, ask a meet official.

Tape: No tape allowed as markings or checkpoints on the Pro Turf surface. Markers will be provided.

Food: Food trucks will be providing food and beverages on the West end of the track. There are also several fast-food places close to the stadium.

Coaches and Volunteers will be served lunch on Saturday starting at 11: 30 AM to 12:30 PM.

Postponement: Rain or Shine! We will use X.com Tweets and Facebook posts in addition to email text in case of changes in schedule.

Contact information is.

HS, Other: Bob Prince 712-274-8838 work e-mail princer@netsysplus.com

College/UNA: Frank Wallace 712 -274-5334 work e-mail wallacef@morningside.edu