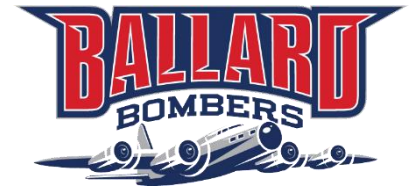


Ballard Community School District



Nate Boock, Activities Director
701 Ballard Drive
Huxley, IA 50124
Telephone: 515.597.2971 ext. 2139
Email: nboock@ballard.k12.ia.us



Dear Track Coaches and Athletic Directors:

We want to thank you for accepting our invitation to participate in the *Ballard Coed Invitational on Thursday, March 30*. Field events will start at 4:30 PM with the running events to start at 5:00 PM.

This is a varsity only meet, with some junior varsity opportunities. We will be asking coaches to electronically submit all entries by using Mile Split. Coaches need to have their entries declared by **8:00 PM on Wednesday, March 29**. Please log on to [Mile Split](#) to submit your entries. If you have any questions with the entries, please contact Brett Carney at brettcarney10@ballard.k12.ia.us.

For the shot put, discus, and long jump there will be no preliminaries, just 4 tries. The women will be first to compete in the shot put and high jump with the men going first in the discus and long jump. Women high jumpers will start at 4'2" and the men will start at 5'2".

Ballard has an all-weather track; therefore, we are asking that only 3/16" or smaller spikes are to be allowed. Please check your athletes' shoes for us. The shot and discus areas are concrete. All other areas have an all-weather surface covering. We ask that your athletes set up camp in the visiting football bleachers or along the outside of the south end east of the concession stand. After the meet, please have your athletes' police their area and pick up their belonging and trash. Only athletes that are immediately running and coaches are to be on the infield. All other athletes need to be outside of the fence or the bullpen area. We will strictly enforce this.

We will have chalk and tennis balls available for marking on the track. **NO TAPE WILL BE ALLOWED TO MARK.** We will pull up any markings with tape immediately.

We are awarding six place medals in the individual events and three place medals in relay events. A championship plaque will be given to the team champions. Your packet of medals will be available for pick-up at the close of the meet. Results will be emailed that night or the following day to your athletic directors.

Entry fees for the meet are \$125.00. If both your women and men's team are competing, the entry fee is \$230.00. Please bring these with you to the meet.

Admission will be \$6.00 for adults and students. We will offer a full selection of items in the concession stand.

Sincerely,

Nate Boock

Nate Boock
Ballard Activities Director

HIGH SCHOOL BALLARD INVITATIONAL COED INVITATIONAL
March 30, 2023 @ 4:30 PM
INFORMATION

- FIELD EVENTS:**
- Long Jump (Located on southwest corner of track, outside fence)**
 - 4 jumps, no preliminary
 - High Jump (Located on south end of infield)**
 - 1 min to jump after the entrant's name called; Out after three (3) consecutive misses.
 - Women will start at 4'2". The bar will be moved 2" at a time until 5'0". It will then be raised 1" at a time. Men will start at 5'2". The bar will be moved 2" at a time until 6'0". It will then be raised 1" at a time.
 - Discus (Located on Ballard Drive and northwest of football field behind practice field.)**
 - 4 throws, no preliminary
 - Shot Put (Located on Ballard Drive and northwest of football field behind practice field.)**
 - 4 throws, no preliminary
- RUNNING EVENTS:**
- Hip Numbers**
 - Athletes must report to the Clerk to get hip numbers when announced to receive assigned lanes and heats.
 - Clerk and hip numbers will be located at the 50-yard line on the infield.
 - Athletes will report to Clerk of Course on the track.
 - Please instruct your athletes to listen for calls. Participants may use up to 3/16" spikes or smaller.
- The first heat will be the slowest. Entries with no times are grouped together.
- BUS PARKING:** Buses should park next to the middle school building. The first bus should start at the north end of the parking lot and others should follow suit.
- TEAM CAMPS:** We ask that your athletes set up camp in the visiting football bleachers or along the outside of the south end of the stadium by the concession stand.
- FOOTBALL FIELD:** Team camps may **NOT** be set up on the football field. Only ATHLETES are allowed on the infield, and only if they are performing or warming up.
- HOSPITALITY:** Each participating coach will receive a ticket voucher for a meal from the concession stand. These will be handed out at the coaches meeting.
- COACHES MEETING:** There will be a coaches meeting at 4:15 PM. This meeting will take place in the shed at the northeast corner of the field.
- Each team will need to furnish its own batons, towels, shot, and discus. Ballard will provide starting blocks.**

HIGH SCHOOL BALLARD INVITATIONAL COED INVITATIONAL

March 30, 2023 @ 4:30 PM

SCHEDULE OF EVENTS

Field Events – 4:30 PM (One JV Entry Per Event)

Discus -- Men followed by Women

High Jump – Women (Start at 4'2") followed by Men (Start at 5'2")

Long Jump – Men followed by Women

Shot Put – Women followed by Men

**All jumps and throws are 4 attempts.*

Track Events – 5:00 PM

Sprint Medley Relay

3000m Run (*One JV Entry*)

3200m Run (*One JV Entry*)

4 x 800m Relay

Shuttle Hurdle Relay – Women

Shuttle Hurdle Relay – Men

100m Dash (*One JV Entry*)

Distance Medley Relay

400m Dash – JV (*One JV Entry*)

400m Dash - Varsity

4x 200m Relay – JV (*One JV Entry*)

4x 200m Relay - Varsity

100m Hurdles

110m Hurdles

800m Run

200m Dash

400m Hurdles

1500m Run (*One JV Entry*)

1600m Run (*One JV Entry*)

4 x 100m Relay – JV (*One JV Entry*)

4 x 100m Relay – Varsity

4 x 400m Relay

POINTS

Relays 10-8-6-4-2-1

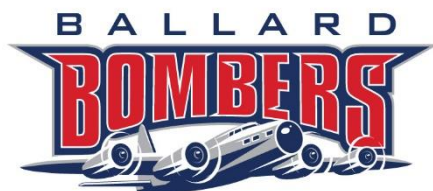
Individual 10-8-6-4-2-1

Ballard Track Marking Guide

Relay	Start	Exchange #1	Exchange #2	Exchange #3
Sprint Medley	BLUE	BLUE	BLUE	BLUE
Runner #4 cuts after 100 meters.				
Distance Medley	BLUE	BLUE	BLUE	GREEN
Runners #1 and #2 stay in lanes. Runner #3 cuts after 100 meters.				
Shuttle Hurdles (G)	WHITE	Lanes 1, 3, 5, 7 start on South end. Lanes 2, 4, 6, 8 start on North end.		
Shuttle Hurdles (B)	RED	Lanes 1, 3, 5, 7 start on South end. Lanes 2, 4, 6, 8 start on North end.		
4x100 Relay	WHITE	YELLOW	YELLOW	YELLOW
4x200 Relay	RED	RED	RED	YELLOW
4x400 Relay	BLUE	BLUE	GREEN	GREEN
Runner #2 cuts after 100 meters.				
4x800 Relay	GREEN Waterfall	GREEN	GREEN	GREEN
Runner #1 cuts immediately.				

Individual Races	Start	
100 M Hurdles (G)	YELLOW	Stay in lanes.
110 M Hurdles (B)	BLUE	Stay in lanes.
100 M Dash	YELLOW	Stay in lanes.
200 M Dash	GREEN	Stay in lanes.
400 M Dash	WHITE	Stay in lanes.
400 M Hurdles	WHITE	Stay in lanes.
800 M Run	GREEN	Cut at green break line.
1,500 M Run	WHITE Waterfall	Immediate cut
1,600 M Run	WHITE Waterfall	Immediate cut
3,000 M Run	WHITE Waterfall	Immediate cut
3,200 M Run	WHITE Waterfall	Immediate cut

Hurdle Marks	Start	Marks	Setting
Shuttle Hurdles (MS)	WHITE	WHITE	30" for all hurdles
Shuttle Hurdles (G)	WHITE	WHITE	33"
Shuttle Hurdles (B)	RED	RED	36"
100 M Hurdles	YELLOW	YELLOW	33"
110 M Hurdles	BLUE	BLUE	39"
400 M Hurdles	WHITE	GREEN	30"



Teams Attending The 2023 Ballard Invitational

Women's Team

Ballard
Bondurant-Farrar
Carlisle
Grinnell
Norwalk
South Hamilton

Men's Team

Ballard
Grinnell
South Hamilton
South Hardin

High School Ballard Invitational Records

WOMEN

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TM/DST</u>	<u>YEAR</u>
High Jump	Emma Robinson	Carlisle	5'0"	2023
Shot Put	Carolyn Miller	Bondurant-Farrar	38'2.5"	2023
Discus	Carolyn Miller	Bondurant-Farrar	97'10"	2023
Long Jump	Isabelle Noring	Carlisle	18'1.25"	2023
3200 Meter Relay		Ballard	10:44.35	2023
Shuttle Hurdle Relay		Norwalk	1:11.28	2023
Sprint Medley Relay		Grinnell	2:00.22	2023
Distance Medley Relay		Ballard	4:33.73	2023
400 Meter Relay		Carlisle	52.02	2023
800 Meter Relay		Norwalk	1:54.53	2023
1600 Meter Relay		Carlisle	4:20.95	2023
100 Meter Hurdles	Emma Robinson	Carlisle	18.40	2023
400 Meter Hurdles	Bailey Birmingham	Norwalk	1:12.34	2023
100 Meter Dash	Isabelle Noring	Carlisle	13.82	2023
200 Meter Dash	Aiden Gosselink	Grinnell	27.99	2023
400 Meter Dash	Aiden Gosselink	Grinnell	1:06.87	2023
800 Meter Run	Maya Bergstrom	Carlisle	2:25.34	2023
1500 Meter Run	Marie Daggett	Carlisle	5:08.17	2023
3000 Meter Run	Annika Larson	Ballard	11:56.78	2023

High School Ballard Invitational Records

MEN

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TM/DST</u>	<u>YEAR</u>
High Jump	Colton McDonald	South Hardin	5'10"	2023
Shot Put	Cameron Corey	Grinnell	46'1"	2023
Discus	Cole Williamson	South Hardin	119'9"	2023
Long Jump	Jayden Swain	Ballard	20'4.5"	2023
3200 Meter Relay		Ballard	8:52.53	2023
Shuttle Hurdle Relay		South Hardin	1:15.62	2023
Sprint Medley Relay		Ballard	1:39.28	2023
Distance Medley Relay		Ballard	3:58.92	2023
400 Meter Relay		South Hardin	48.40	2023
800 Meter Relay		Ballard	1:41.48	2023
1600 Meter Relay		Ballard	3:37.13	2023
110 Meter Hurdles	Stetson Kane	Ballard	18.69	2023
400 Meter Hurdles	Josh Van Wilt	South Hardin	1:04.62	2023
100 Meter Dash	Jude Gibson	Ballard	12.77	2023
200 Meter Dash	Eli Roush	Ballard	23.73	2023
400 Meter Dash	Jakson Fleischmann	Ballard	54.58	2023
800 Meter Run	Trent Payne	Ballard	2:11.36	2023
1600 Meter Run	Seth Pencook	Ballard	5:15.49	2023
3200 Meter Run	Seth Pencook	Ballard	11:20.04	2023



Ballard Activities Department

@bhsbombers

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Jenny Horness · Activities Assistant · 515.597.2971 ext. 2138

jhorness@ballard.k12.ia.us

INVOICE

Ballard Coed Invitational
March 30, 2023

Women or Men: **\$110.00**

Both Genders: **\$220.00**

PAYABLE TO:

Ballard School District

c/o Nate Boock

701 Ballard Drive

Huxley, IA 50124

THANK YOU

