2026 EAST MARSHALL TRACK AND FIELD MEET

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DATE: March 23, 2026
TO: A.D.'s & Boys & Girls Track Coaches
FROM: Scott Wheater, East Marshall Activities Director
RE: Early Bird COED Track Meet, Thursday, April 2, 2026 @ East Marshall In LeGrand

The following information will be of interest to your coaches and athletes. Please feel free to call us at **641-479-2785** if you have any questions.

TEAMS ENTERED: 5 Boys Team & 6 Girls Teams

Boys: *East Marshall, BGM, Eddyville-Blakesburg, South Tama, West Marshall*

Girls: *East Marshall, BGM, Eddyville-Blakesburg, Colo-Nesco, South Tama, South Hardin*

We plan to make this a meet where all of your athletes will get to participate. We will be having unlimited entries for each event. This is a meet to promote participation.

MEET DATE: Thursday, April 2, 2026 @ 4:15 p.m. /$100.00 Entry Fee

FIELD EVENTS: 4:15 p.m. RUNNING EVENTS: 5:00 p.m.

ADMISSIONS: Adults/Students - $7.00 Cashless Admissions
Pre-Purchase tickets at EM Bound Link or pay using a card reader at the gate

LOCATION: East Marshall Track located on the West edge of LeGrand.

FACILITIES:

- Concession stands will be available. **CASH** Only!!
- Restrooms are located at the south end of the track with yellow East Marshall on it.
- The track is an 8-lane all-weather surface; please utilize 1/8" spikes only.

PARKING:

- Bus parking and athlete drop off will be north of the football complex.
- Buses park on the bottom tier on the East side of the lot.
- Athletes will enter the track area through the north gate of track.
- Fan parking is available in the south and north lots of the football complex.

ENTRIES:

- Sign your entries in on bound.
- Available to enter at 12:00 am March 23 must be declared by Thursday, April 2, by 10:00 am.
- Schools will be able to enter limited entries. See Below.
- Athletes should come dressed and ready to participate.
- **NOTE:** Kids who participate in both field and running events need to compete in their field event as quickly as possible.

TEAM CAMPS:

- Camps will be outside the track fence area. **NO team camps on the inside of the track!** **Clean up afterwards please!!!**

FIELD EVENTS:

- The shot and discus events will be held at the High School, which is located 1 block east of the track. If you have an athlete who is in a field event and in an early running event, make sure you have a means to communicate. Make sure that they report to the field event check -in person so they can compete in their first running event. Also, please bring your own legal shot and discus, but DO NOT BRING STARTING BLOCKS!
- The long jump will be on the northwest side of the complex.
- One pit will be used: The runway will be an all-weather surface.
- The high jump will be in the north end of the Football field utilizing an all-weather approach. We will start the high jump at 5'0" for boys and 4'0" for girls.

LANE ASSIGNMENTS:

- Lane assignments will be given at check in.
- Top Runners & Top Relay will be seeded, the rest of your entries will be randomly assigned.

SCORING:

- Boys Individual 10-8-6-4-2-1
- Boys Relays 10-8-6-4-2-1
- Only 2 Individuals and 1 Relay may score.

AWARDS:

- Medals to 1st, 2nd, 3rd in Individual & Relays Events

VALUABLES:

- East Marshall will not be responsible for missing items. Please appoint someone to look after valuables.

RESULTS: Results will be on varsity bound and emailed out to each school.

Thursday, April 2, 2026
East Marshall COED Track Meet

<u>4:15 All Field Events</u>
High Jump (Girls First) (Girls Start at 4'0" & Boys 5'0") (3 entries)
Long Jump (Boys First) (3 entries)
Shot Put (Girls First) (One Block East to our HS) (4 entries)
Discus (Boys First) (One Block East to our HS) (4 entries)

<u>5:00 Running Events (Girls followed by boys)</u>
800 Meter Sprint Medley Relay (2 entries)
3000/3200 Meter Run (4 entries) - 1 heat
4 X 800 Meter Relay (2 entries) - 1 heat
Shuttle Hurdle Relay (2 entries)
100 Meter Dash (4 entries)
1600 Meter Distance Medley Relay (2 entries)
400 Meter Dash (4 entries)
4 X 200 Meter Relay (3 entries)
100 Meter Hurdles (4 entries)
110 Meter High Hurdles (4 entries)
800 Meter Run (4 entries)
200 Meter Dash (4 entries)
400 Meter Hurdles (4 entries)
1500 Meter Run (4 entries) - 1 heat
1600 Meter Run (4 entries) - 1 heat
4 X 100 Meter Relay - 3 entries
Thrower's 4 x 100 Relay (Non-Scoring) (2 entries)
4 X 400 Meter Relay (2 entries)