



CASCADE COUGARS

505 Johnson St NW | Cascade, IA 52033
563-663-9460



Event: 2025 Cascade Co-Ed Varsity Track Invitational

Girls' Teams: Cascade (Tim Frake, head coach), Beckman Catholic, Calamus-Wheatland, Central City, Denver, Easton Valley, Edgewood-Colesburg, Maquoketa, Maquoketa Valley, North Cedar, Northeast, Springville, West Delaware

Boys' Teams: Cascade (Chris Curry, head coach), Beckman Catholic, Calamus-Wheatland, Central City, Easton Valley, Edgewood-Colesburg, Maquoketa Valley, North Cedar, Northeast, Springville

Date/Time: Thursday, May 1, 2025 at 4:00pm

Entry Fee: \$125 per individual team

Admission: \$7.00 per spectator. Tickets available on Bound or via card reader at the gate. No cash accepted.

Supervision: Carrie Viel, Activities Director 563-468-1147 (cell)

Athletic Trainer: There will not be athletic training services available.

Concessions: Concessions will be offered by our Athletic Booster Club.

Team Camps: No camps on the football field. Please use the homestretch hillside or backstretch.

Scoring and Awards: Individual and relay events will be scored 10-8-6-5-4-3-2-1. Medals will be awarded for 1st, 2nd, and 3rd place finishers in each event.

Entry Limits: Each school will be allowed two (2) entries for individual events. Each school will be allowed one (1) entry for relay events.

Entry Deadline: Wednesday, April 30 at 12:00pm

- Entry registration is through MileSplit at ia.milesplit.com; please enter accurate times for the seeding process.
- For questions related to online entries, please contact Clark Jillson at chvjillson@aol.com.
- Scratches may be made immediately upon arrival.

Surface: Nothing longer than 1/4 inch spikes may be used on the all-weather surfaces.

Clerk of Course: Check in with the Clerk of Course at the north end of the track to receive hip number, heat, and lane assignments.

Start Times:

3:45 p.m. - Coaches meeting at common start/finish line

4:00 p.m. - Field Events

4:30 p.m. - Running Events

Field Events Schedule: Athletes in field events and running events need to communicate with event officials. Order of events:

- Shot Put: Girls/Boys; 3 attempts; top 8 move to finals; 10 min warmup between flights
- Discus: Boys/Girls; 3 attempts; top 8 move to finals; 10 min warmup between flights
- High Jump: Girls/Boys
- Long Jump: Boys/Girls; 3 attempts; top 8 move to finals; 10 min warmup between flights

Opening Heights: Will be determined by the coaches' majority decision at the coaches' meeting



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Running Events: We will follow the required order of events for a co-ed meet with no preliminaries. Exchange zones are posted at the track.

800m sprint medley relay
3000/3200 meter run
4 X 800 meter relay
Shuttle hurdle relay
100 meter dash
1600m distance medley relay
400 meter dash
JV 4 X 200 meter relay
4 X 200 meter relay
SENIOR RECOGNITION
100/110 meter hurdles
800 meter run
200 meter dash
400 meter hurdles
1500/1600 meter run
JV 4 X 100 meter relay
4 X 100 meter relay
4 X 400 meter

Bus Parking: Please use 6th Ave N.W. and drop athletes off at the football field. **No bus parking is allowed on 6th Ave N.W.** After drop-off, buses can use the circle drive after 3:25pm or can park across Highway 136 in the parking lot next to the baseball fields.

Spectator Parking: Spectators can park in the lots behind the high school, in front of the high school, and near the Webber Center.

