



## 2015 Cascade Cougars Girls and Boys Invitational Track Meet

Dear Coach:

Welcome to the Cougar Track Invitational to be held on Thursday, April 30, 2015. Enclosed you will find all the information you need about our upcoming meet.

Girl's Teams: Alburnett, Beckman, Bellevue, Cascade, Calamus-Wheatland, Central City, Easton Valley, , Maquoketa, Maquoketa Valley, Midland, North Cedar, Northeast

Boy's Teams: Alburnett, Beckman, Cascade, Calamus-Wheatland, Central City, Edgewood-Colesburg East Buchanan, Maquoketa Valley, Midland, North Cedar, Northeast

Time: 4:30- Field Events

5:15- Running Events

Place: CASCADE HIGH SCHOOL

Entry Fee: \$80.00

Awards: 1<sup>st</sup> Place team award

Medals for first three places in all events

Scoring: Both individual and relay events will be scored as follows. 10-8-6-5-4-3-2-1. (JV will not be scored).

Entries: Each school is allowed 2 entries in the individual events and 1 relay (note that there are JV relays also.). Please send ACCURATE times as this meet will be seeded.

**Entries will be through DirectAthletics at [www.directathletics.com](http://www.directathletics.com). Deadline for entries is Tuesday, April 28<sup>th</sup> at 8:00pm.**

Surface: The track, long jump, and high jump all have all weather surfaces. 1/8 inch spikes only in these areas. The shot and discus area is located at the base of the hill just east of the track.

Concessions: The concession stand will be open.

Admission: \$5.00 for adults and \$4.00 for students. All guests must enter from the east entrance located behind the high school.

Contact Info: If you have any questions please contact Cory Sauser (ext. 1008) or Christy Knepper (ext. 1001) at the high school. 563-852-3201.

### Order of Events

Girls 3000 M. Run

Boys 4x800 M. Relay

Girls 4x800 M. Relay

Boys 3200 M. Run

Boys Shuttle Hurdle Relay

Girls Shuttle Hurdle Relay

Girls 100 M. Dash

Boys 100 M. Dash

G/B 100 M. Wheelchair

Girls Distance Medley Relay

Girls 400 M. Dash

Boys 400 M Dash

G/B 400 M. Wheelchair

JV Girls 4x200 M. Relay

JV Boys 4x200 M. Relay

Girls 4x200 M. Relay

Boys 4x200 M. Relay

Girls 100 M. Hurdles

Boys 110 M. High Hurdles

Boys 1600 M. Run

Girls 800 M. Run

Girls 200 M. Dash

Boys 200 M. Dash

G/B 200 M. Wheelchair

Girls 400 M. Hurdles

Boys 400 M. Hurdles

Boys 1600 M. Medley Relay

Girls Sprint Medley Relay

Girls 1500 M. Run

Boys 800 M. Run

JV Girls 4x100 M. Relay

JV Boys 4x100 M. Relay

Girls 4x100 M. Relay

Boys 4x100 M. Relay

JV Girls 4x400 M. Relay

JV Boys 4x400 M. Relay

Girls 4x400 M. Relay

Boys 4x400 M. Relay