

10th Annual Cascade Co-Ed Early Bird Track Invitational

Dear Coach:

Welcome to the Cascade Co-Ed Track Invitational to be held on Thursday, April 2nd, 2015. Enclosed you will find all the information you need about the upcoming meet.

Boys Teams: Anamosa, Cascade, Central City, East Buchanan, Edgewood-Colesburg, Independence, Marion, Springville, Tipton, Regina

Girls Teams: Anamosa, Cascade, Central City, Marion, Springville, Tipton, Regina, North Linn

Time: 4:15 Field Events

4:45 Running Events

Entry Fee: \$80 per team. \$160 if both boy's and girl's attend.

Awards: Medals will be given for 1st, 2nd, and 3rd place in each event.

Scoring: No team scores will be kept.

Entries: Each school will be allowed unlimited entries for both individual and relay events. Entries will be through DirectAthletics at www.directathletics.com. Deadline for entries is Tuesday, March 31st at 12:00pm.

This meet will be seeded, please enter times for the seeding process. There will be a scratch meeting the day of the meet.

Surface: The track, long jump, and high jump surfaces all have all weather surfaces. No longer than ¼ inch spikes may be used in these areas. The shot and disc rings are concrete.

Concessions: A concession stand will be open.

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

Events: We will follow the required order of events for a Co-Ed meet with no preliminaries.

-Heats will run Slow to Fast

Field Events: 4 Attempts with no finals.

Shot Put: Girls Throw First

Discus: Boys Throw First

High Jump: Boys Jump First

Long Jump: Will use both pits

Busses: Please take 6th Ave N.W. and drop athletes off at the football field from there buses will be parked behind the school and in the bus loop. No parking is allowed on 6th Ave N.W.

Spectator parking: Fans can park in the spots behind the high school and near the Webber Center. No parking is allowed on 6th Avenue N.W.

Contact Information: Cory Sauser – Activities Director (563)852-3201 ext. 1008

Christy Knepper – Activities Secretary ext. 1001