

Cascade High School
Annual Co-Ed Early Bird Track and Field Invitational
Thursday, March 30, 2017



Cascade High School Track and Field Complex

*Thank you for attending the annual Co-Ed Early Bird Track and Field Invitational at Cascade High School.
Please share the following information with your parents and spectators.*

Start Times:

4:15 p.m. - Field Events

4:45 p.m. - Running Events

Admissions:

\$5.00 for adults.

\$4.00 for students.

- All guests must enter through the east entrance located behind the high school, by the softball field.

Spectator Parking: Spectators can park in the lots behind the high school, in front of the high school, and near the Webber Center. No parking is allowed on 6th Avenue N.W. Parking is also available across Highway 136.

Participating Boys Teams: Anamosa, Center Point-Urbana, Central City, East Buchanan, Easton Valley, Independence, Jesup, Maquoketa, Marion, Regina, Springville, Tipton

Participating Girls Teams: Alburnett, Anamosa, Center Point-Urbana, Central City, Marion, North Linn, Regina, Springville, Tipton, Western Dubuque at Epworth

Entry Limits:

Individual Events: Each school will be allowed four (4) entries.

Relays: Each school will be allowed two (2) entries for relay events.

Concessions: Concessions will be provided in the shed located on the north end of the track.

Team Camps: Camps may be established in the visiting bleachers between the start of the 1500 and 200 meter events. Team camps may also be located on the hill on either side of the home bleachers on the west side of the track.

Field Events Schedule: Shot Put, Discus, and Long Jump events will be contested with 3 preliminary attempts and the top 8 marks proceed to finals. Events will run in the following order:

- Shot Put: Girls, then Boys
- Discus: Boys, then Girls
- Long Jump: Boys, then Girls
- High Jump: Girls, then Boys

Running Event Schedule: Order of running events is below. Girls' events will run first, followed by boys. Heats will run slow to fast.

800m sprint medley relay

3000/3200 meter run

4 X 800 meter relay

Shuttle hurdle relay

100 meter dash

100 meter wheelchair (if necessary)

1600m distance medley relay

400 meter dash

400 meter wheelchair (if necessary)

4 X 200 meter relay

100/110 meter hurdles800m sprint medley relay

3000/3200 meter run

800 meter run

200 meter dash

200 meter wheelchair (if necessary)

400 meter hurdles

1500/1600 meter run

4 X 100 meter relay

4 X 400 meter

Scoring: No team scores will be kept.

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

