

CENTER POINT-URBANA BOYS TRACK INVITATIONAL

Tuesday, April 17th, 2018

Participating Teams: Alburnett, Benton Community, Center Point-Urbana, Central City, East Buchanan, Edgewood-Colesburg, Independence, Jesup, Lisbon, Maquoketa Valley, North Linn, Starmont, Xavier

Welcome to the 43rd annual CPU Stormin' Pointer Relays. Enclosed you will find information to help you prepare for this upcoming meet. The track is located right next to the Elementary and Middle Schools. Please park buses in the high school parking lot, located to the northwest of the track.

TIME: Field events will begin at 4:45. Running events will begin at 5:15. Please find the order of events included.

ENTRY FEE: Please send entry fee of \$80, following the meet to CPU Schools, attn. Scott Kriegel

ENTRIES: Each team may enter two (2) Relays (A and B), three (3) in each individual event, four (4) in long jump, and six (6) in each individual throwing event. We will score only the first two competitors in each individual event and one relay per school.

EVENTS: All events will be finals.

SCORING: Individuals: 10-8-6-4-2-1 Relays:10-8-6-4-2-1

AWARDS: Medals to the top (3) individuals and (3) relays. Trophy to the 1st place team.

SURFACE: Our track is newly resurfaced. Please do not use tape on the track surface. Only 1/8" spikes are allowed. Anyone using longer spikes than 1/8" may be disqualified. The long jump runway has a roll-out rubberized mat. The high jump area is very old asphalt and requires flat running/jumping shoes for safety. (Please tell your jumpers so they are prepared). The shot-put and discus circles are concrete.

FOOD: A concession stand will be provided by the CPU Booster Club.

TEAMS: No camps on the football field please.

SEEDING: ALL ENTRIES WILL BE SUBMITTED ON-LINE, through Direct Athletics at www.directathletics.com. **The online entries will close at 7:00 pm on Monday, April 16th.** Limited changes will be allowed upon arrival at the meet in the press box.

ADMISSION: Adults \$5.00 Students \$5.00

Contact Amy Marshall, head track coach, or Scott Kriegel, Activities Director with any questions –

amymarshall@cpuschools.org 319-849-1102 ext. 3102

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ORDER OF EVENTS – ALL EVENTS ARE FINAL – NO PRELIMINARIES

4:45 P.M. – FIELD EVENTS

LONG JUMP – 4 Jumps

HIGH JUMP

DISCUS – 4 Throws

SHOT PUT – 4 Throws

5:15 P.M. – RUNNING EVENTS

SPRINT MEDLEY RELAY

3200 METER RUN

4 X 800 METER RELAY

SHUTTLE HURDLE RELAY

100 METER DASH

100 METER WHEELCHAIR

DISTANCE MEDLEY RELAY

400 METER DASH

400 METER WHEELCHAIR

4 X 200 METER RELAY

110 METER HIGH HURDLES

800 METER RUN

200 METER DASH

400 METER HURDLES

1600 METER RUN

4 X 100 METER RELAY

4 X 100 METER RELAY- “Weightperson”

4 X 400 METER RELAY