

CENTRAL DEWITT HIGH SCHOOL ATHLETIC DEPARTMENT



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**Pam Duncan Relays—Monday, April 23, 2018 4:00 pm Field Events
4:30 pm Running Events**

Location: Birney Field, Central High School, DeWitt 519 E. 11th St., DeWitt, Iowa

Track: 400-meter polyurethane track-3/16th spikes on track, long jump & high jump. Shot & discus rings are concrete.

No Camps Inside Fence

Schools: Central DeWitt, Clinton, Davenport Central, Davenport North, Iowa City Liberty, Maquoketa, Pleasant Valley

Entry Fee: \$100.00 per team

Admission: \$5.00

Concessions: Full concession stand.

Awards: Champion plaque. Medals for three places in individual and relay events.

Field Events: Varsity: 3 attempts for Shot & Discus, 3 jumps for Long Jump. Top 8 to finals.

Scoring: Individual & Relays. Will be scored according to NFHS guidelines. 10-8-6-4-2-1

Entries: VARSITY: Two entries per event, One per Relay
JV: Unlimited in field events, two entries in running events, one per relay.

Website to enter athletes: www.directathletics.com

On-line entries will open on April 9th and run until 10:00 am on April 23.

4:00 p.m. All Field Events

High Jump (JV-VAR combined)

Discus (VAR-JV)

Shot (JV-VAR)

Long Jump (VAR-JV)

Shot wheelchair

4:30 Running Events (JV first, VAR to follow):

Spring Medley Relay

3000 m Run

4 x 800 m Relay

Shuttle Hurdle Relay

100 m Dash

100 m Dash WHEELCHAIR

Distance Medley Relay

400 m Dash

400 m Dash WHEELCHAIR

4 x 200 m Relay

100 m Hurdles

800 m Run

200 m Dash

200 m Dash WHEELCHAIR

400 m Hurdles

1500 m Run

4 x 100 m Relay

4 x 400 m Relay