

Following is a list of information for the ***Northeast Co-Ed Rebel Relays*** to be held on Monday, April 27, 2015. **STARTING AT 4:30pm.**

1. We wish to welcome all of the schools to the **Rebel Relays**, and we hope that you help make it one of the best.
2. Teams entered: Bellevue, Bellevue Marquette (boy's only), Calamus-Wheatland, Camanche, Durant, Easton Valley, Maquoketa (boy's only), Midland, North Cedar (boy's only), Northeast, Prince of Peace (girl's only), Tipton and Wilton (boy's only)
3. Scoring will be as follows: **All Events 10, 8, 6, 5, 4, 3, 2, 1**
Each team may score 2 for individuals and 1 for relays.
4. **Awards:** Medals to the first four places for individual and 4 places for relay events. Medals will also be awarded to first place only in the JV relays.
5. Admission: \$5.00 adults - \$4.00 students.
6. Limitations on entries and winners of ties will be governed by rules as set by **The National Federation Rule book and IGHS AU adaptations.**
7. Entries: Individual events – running events-2 entries per team, field events-3 entries per team. Relays – 1 entry per team.
8. We will run 3 JV relays. (4x200, 4x100, sprint medley (G), 4 x 400 (B). These events will be counted towards the meet limitations for each individual but, they are allowed to run in both varsity events and these events. No team points are awarded for JV events.
9. Coaches and spectators must remain in the bleachers: only participants in uniform will be allowed on the track and the infield. A concession stand will be open.
10. Coaches meet at 4:00pm in the press box for final scratches only.
The meet will begin promptly at 4:30pm (field events) 4:45pm (running events).
11. Starting blocks will be furnished. Our running surface, long jump runway, and high jump surface are an all-weather surface so **only spikes of 1/4" length will be allowed.** Our shot put and discus rings are concrete.
12. The **4 x 100** and the **4 x 200** meter relays will be run in lanes all the way. The **4 x 400, Distance Medley and, Sprint Medley** will use a 3-turn stagger.
13. A copy of the lane/heat assignments will be available to each school prior to the start of the meet at the press box.
14. Entry fee: \$80.00/team or \$160.00/school if both teams are competing. Please mail entry fee to Northeast High School, Hwy 136, Goose Lake, IA 52750. Attn: Gregg Mohl, AD.
14. **Please post your entries as follows:**
Please post your entries and declare on www.directathletics.com
Entries will close at 10:00pm Saturday, April 25th.
15. **We will be using FAT timing for this meet.**

Rebel Relays Track Order of Events

All Field Events

High Jump B/G

Discus B/G

Shot G/B

Long Jump G/B

Running Events

3000 meter run G

4 x 800 meter relay B/G

3200 meter run B

15 Minute Break - Senior Night

Shuttle hurdle relay B

Shuttle hurdle relay G

100 meter dash G

100 meter dash B

Distance medley relay G

400 meter dash G

400 meter dash B

JV 4 x 200 meter relay B

4 x 200 meter relay G

4 x 200 meter relay B

JV 4 x 200 meter relay G

100 meter hurdles G

110 meter hurdles B

1600 meter run B

800 meter run G

200 meter dash G

200 meter dash B

400 meter hurdles G

400 meter hurdles B

JV sprint medley G

1600 meter medley relay B

Sprint medley relay G

1500 meter run G

800 meter run B

JV 4 x 100 meter relay B

Weightman's 4 x 100 relay B

4 x 100 meter relay G

4 x 100 meter relay B

JV 4 x 100 meter relay G

JV 4 x 400 meter relay B

4 x 400 meter relay G

4 x 400 meter relay