



NORTHEAST HIGH SCHOOL ATHLETIC DEPARTMENT



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Address: 3690 Hwy. 136, Goose Lake

Following is a list of information for the **Northeast Co-Ed Rebel Relays** to be held on Monday, April 24, 2017. **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, Calamus-Wheatland, Camanche, Durant, Marquette Catholic (boy's only), Midland, North Cedar (boy's only), Northeast, Prince of Peace (girl's only), Tipton, and West Branch.
 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 five places for individual and 3 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 IGHSAU adaptations.**
 7. **Entries: Please sign up using these entry limits. Field events: 3 entries. Individual Running events: 3 entries. Relays: 1 entry per team.**
 8. We will run 4 JV relays. (4x800, 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 ¼" length will be allowed.** Our shot put and discus rings are concrete.

12. A copy of the lane/heat assignments will be available to each school prior to the start of the meet at the press box.
13. Entry fee: \$85.00/team or \$170.00/school if both teams are competing. Please mail entry fee to Northeast High School, 3690 Hwy 136, Goose Lake, IA 52750. Attn: Jason Guerin, AD.
14. **Please post your entries as follows:**
Entries will be through DirectAthletics at www.directathletics.com . Entry deadline is set for 6:00pm on Sunday, April 23rd.
15. **We will be using FAT timing for this meet.**
16. Field Events:
 - HJ – Girls will start first
 - LJ – Boys will start first (4 attempts no finals)
 - Shot Put – Girls will start first (4 attempts no finals)
 - Discus – Boys will start first (4 attempts no finals)

Rebel Relays Order of Events

All Field Events - 4:30pm

High Jump G/B
Discus B/G
Shot G/B
Long Jump B/G

Running Events - 4:45pm

JV 800-meter sprint medley relay G
800-meter sprint medley relay G
JV 800-meter sprint medley relay B
800-meter sprint medley relay B
3000 meter run G
3200 meter run B
4 x 800 meter relay G (JV runs at same time)
4 x 800 meter relay B (JV runs at same time)
JV Shuttle hurdle relay G
Shuttle hurdle relay G
JV Shuttle hurdle relay B
Shuttle hurdle relay B
100 meter dash G
100 meter dash B
JV 1600 meter Distance medley relay G
1600 meter Distance medley relay G
JV 1600 meter Distance medley relay B
1600 meter Distance medley relay B
400 meter dash G
400 meter dash B
JV 4 x 200 meter relay G
4 x 200 meter relay G
JV 4 x 200 meter relay B
4 x 200 meter relay B
100 meter hurdles G
110 meter hurdles B
800 meter run G
800 meter run B
200 meter dash G
200 meter dash B
400 meter hurdles G
400 meter hurdles B
1500 meter run G
1600 meter run B
JV 4 x 100 meter relay G
4 x 100 meter relay G
JV 4 x 100 meter relay B
4 x 100 meter relay B
Throwers 4 x 100 meter relay G
Throwers 4 x 100 meter relay B
JV 4 x 400 meter relay G
4 x 400 meter relay G
JV 4 x 400 meter relay B
4 x 400 meter relay B

Field Events -

Discus - will get 4 attempts
Shot Put - will get 4 attempts
Long Jump - will get 4 attempts
Girls High Jump - will start at 4' 2"
Boys High Jump - will start at 5' 4"
Girls & Boys High Jump will use the 3 alive method

Girls Track Coach: Pat Healy - 563-249-1581

Boys Track Coach: Mike Mattis - 563-249-0819

Activities Director: Jason Guerin - 563-449-6752