



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 23, 2018. **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, Midland, North Cedar (boy's only), Northeast, Prince of Peace, 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 three 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 IGHS AU 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, 4 x 400 sprint medley, shuttle hurdle, distance medley, and the throwers 4 x 100). 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, Hwy 136, Goose Lake, IA 52750. Attn: Gary Lueders AD.

14. **Please post your entries as follows:**

Entries will be through Direct Athletics at www.directathletics.com . Entry deadline is set for 6:00pm on Sunday, April 22nd.

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)