

CENTRAL DEWITT HIGH SCHOOL ATHLETIC DEPARTMENT



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COED Saber Relays—Monday, April 16, 2018 4:00 pm Field Events 4:30 pm Running Events

Location: Birney Field, Central DeWitt 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: BOYS: Davenport Assumption, Central DeWitt, Durant, Iowa City High, Iowa City Liberty, Iowa City Regina, Maquoketa, Tipton
GIRLS: Anamosa, Davenport Assumption, Camanche, Central DeWitt, Iowa City High, Maquoketa, North Scott, Tipton

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. Boys and girls meet may be scored differently depending on final number of teams.

Girls 7-team meet: IND—10-8-6-4-3-2-1

RELAY—10-8-6-4-3-2-1

Boys 7-team meet: IND—10-8-6-4-3-2-1

RELAY—10-8-6-4-3-2-1

Entries: Two entries per event, One per Relay

Online Entries: Website to enter athletes: www.directathletics.com
On-line entries will open on April 2nd and run until 10 am on April 16th.

4:00 p.m. All Field Events

High Jump (Boys then Girls)
Discus (Boys then Girls)
Shot (Girls then Boys)
Long Jump (Girls then Boys)
Shot wheelchair (Boys then Girls)

4:30 Running Events:

800 Sprint Medley Relay (G/B)
3000 m Run (G)
3200 m Run (B)
4 x 800 m Relay (G-B)
Shuttle Hurdle Relay (G-B)
100 m Dash (G-B)
100 m Dash WHEELCHAIR (G-B)
1600 m Medley Relay (G/B)
400 m Dash (G-B)
400 m Dash WHEELCHAIR (G-B)
4 x 200 m Relay (G-B)
100 m Hurdles (G)
110 m High Hurdles (B)
800 m Run (G)
800 m Run (B)
200 m Dash (G-B)
200 m Dash WHEELCHAIR (G-B)
400 m Hurdles (G-B)
1500 m Run (G)
1600 m Run (B)
4 x 100 m Relay (G-B)
4 x 400 m Relay (G-B)