Denver CO-ED Invitational Monday, May 3rd 2021

BOYS TEAMS: AGWSR, Aplington-Parkersburg, BCLUW, Denver, East Marshall, GR, South Hardin, Union, Wapsie Valley

GIRLS TEAMS: BCLUW, Denver, Gladbrook-Reinbeck, Hudson, New Hampton

ENTRIES: Each team may enter 2 Relays, three (3) in each individual event, and four (4) in each individual throwing

event.

Web Link: https://www.vbmeets.com/31787

Opens April 26th at 8:00 am, closes May 3rd at 10:00 AM

AWARDS: Medals: Relays 1-3 Individual 1-3. Team Plaque for Team Champions

SCORING: Relays 10-8-6-5-4-3-2-1 Individuals 10-8-6-5-4-3-2-1

RESULTS: Team points, trophies, medals, and results will be handed out following the meet.

EQUIPMENT: _Starting Blocks provided. You are responsible for all other equipment.

DO NOT PUT TAPE ON THE TRACK FOR RELAY. USE TENNIS BALLS AT EACH EXCHANGE! Track is all-weather. Anyone wearing longer than 1/8" spikes will be disqualified. Shot and discus surfaces are concrete. Approaches for long jump and high jump are the same surface as the track.

RESTROOMS: Located on both sides of the track.

CONCESSIONS: Located under the canopy at the Cyclone Center side of the complex.

RAIN DATE: There is no rain date if this meet is cancelled due to inclement weather.

TIME SCHEDULE: Meet will begin at 4:30pm with field events. Running begins at 5:00pm.

(See attached schedule) Be sure to adjust leave times as this is a change.

ADMISSION: Adults: \$5.00 Students: \$5.00

CAMPS: All camps should be outside the fence. Please cleanup at the end of the meet.

BUSES: Please park bus on the East End of the Parking Lot by the baseball fields in the lot

ENTRY FEE: \$80.00 for Boys Team. \$80.00 for Girls Team.

We look forward to seeing you. If you have any questions, please contact Nate Skaar, A.D. at 319-936-9002

Sincerely,

Nate Skaar Abby Fliehler Rhett Barrett

Activities Director Head Girls Track Coach Head Boys Track Coach

DENVER CYCLONE RELAYS

Monday, May 3rd 2021

ORDER OF EVENTS - ALL EVENTS ARE FINAL - NO PRELIMINARIES

4:30 P.M. - FIELD EVENTS

LONG JUMP – 4 Jumps – BOYS First/ GIRLS Second

HIGH JUMP - GIRLS First - START AT 4'4"/ BOYS Second - START AT 5'6"

DISCUS – 4 Throws - BOYS First / GIRLS Second SHOT PUT – 4 Throws - Girls First / Boys Second

5:00 P.M. – RUNNING EVENTS

SPRINT MEDLEY RELAY (GIRLS)

SPRINT MEDLEY RELAY (BOYS)

3000 METER RUN (GIRLS)

3200 METER RUN (BOYS)

4 X 800 METER RELAY (GIRLS)

4 X 800 METER RELAY (BOYS)

SHUTTLE HURDLE RELAY (BOYS)

SHUTTLE HURDLE RELAY (GIRLS)

100 METER DASH (GIRLS)

100 METER DASH (BOYS)

100 METER WHEELCHAIR (GIRLS, BOYS)

DISTANCE MEDLEY RELAY (GIRLS)

DISTANCE MEDLEY RELAY (BOYS)

400 METER DASH (GIRLS)

400 METER DASH (BOYS)

400 METER WHEELCHAIR (GIRLS, BOYS)

4 X 200 METER RELAY (GIRLS)

4 X 200 METER RELAY (BOYS)

100 METER HURDLES (GIRLS)

110 METER HIGH HURDLES (BOYS)

800 METER RUN (GIRLS)

800 METER RUN (BOYS)

200 METER DASH (GIRLS)

200 METER DASH (BOYS)

400 METER HURDLES (GIRLS)

400 METER HURDLES (BOYS)

1500 METER RUN (GIRLS)

1600 METER RUN (BOYS)

4 X 100 METER RELAY (GIRLS)

4 X 100 METER RELAY (THROWERS – GIRLS)

4 X 100 METER RELAY (BOYS)

4 X 100 METER RELAY (THROWERS - BOYS)

4 X 400 METER RELAY (GIRLS)

4 X 400 METER RELAY (BOYS)