# Denver CO-ED Invitational <br> 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: $\quad$ 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: $\quad \$ 80.00$ 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
Activities Director

Abby Fliehler
Head Girls Track Coach

Rhett Barrett
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)
$4 \times 800$ METER RELAY (GIRLS)
$4 \times 800$ 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)
$4 \times 200$ 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)
$4 \times 100$ METER RELAY (GIRLS)
$4 \times 100$ METER RELAY (THROWERS - GIRLS)
$4 \times 100$ METER RELAY (BOYS)
$4 \times 100$ METER RELAY (THROWERS - BOYS)
$4 \times 400$ METER RELAY (GIRLS)
4 X 400 METER RELAY (BOYS)

