

From: Jason Berkey, A.D.
Mark Haren-Boys Track Coach
Aplington-Parkersburg Schools

2019 Falcon Coed Relays

April 23, 2019

PARKERSBURG, IA

Welcome to the **2019 Falcon Coed Relays**. Please enter your athletes at: www.aspimeetz.com/28846. You will need to enter your athletes/relays and "Declare" your entries by **11:00am on Tuesday, April 23rd**. If you do not "declare" the athletes by this time, the athletes will not be entered when I download the list. **No additions can be made once you've "Declared" your roster Tuesday morning!** Scratches and/or substitutions will be allowed upon arrival; however, we will assume this will be limited to emergency situations only. If you have any questions, you can email Mark Haren at mark.haren@a-pcsd.net.

Both field and running events start at 4:45pm. For Varsity competition, you are allowed 2 entries for individual events and 1 entry for relays. Medals are awarded to the top 3 places in varsity relays and top 4 in individual events...no team trophies. We will have non-scoring JV field events (2 entries/school) and JV relays (1 entry) and a non-scoring Boys's Weightman's 4X100m. The only exception is no JV Distance Med. **Entry fee is \$75.00.**

There will be no prelims, so every event will be a final. Shot Put and Discus will be run on concrete with the high jump and long jump on polyurethane. High Jump will begin at 5'2" for the boys and 4'4" for the girls. All other field events will have four attempts and we will alternate events between boy-girl. Please remind your athletes to only throw the shot and discus in the designated areas.

We have a 6-Lane polyurethane all-weather track and only **1/8 pyramid spikes** or running shoes will be allowed on the track. Please make sure your athletes have the correct length of spikes in their shoes. Any athletes using longer spikes will be disqualified. All relay exchanges will be using tennis balls...please no tape on the track!

Parking: We would like you to park your bus west, below the track area by the bus barn.

Meet packets and lane assignments may be picked up at the press box upon your arrival.

Participating Teams:

Girls: A-P, AGWSR, Hudson, Columbus

Boys: A-P, AGWSR, Hudson, Columbus, Union, Forest City

ORDER OF EVENTS FOR FIELD EVENTS

Shot Put: Girl-Boy
Discus: Boy-Girl

Long Jump: Boy-Girl
High Jump: Girl-Boy