

South Tama COED Invitational - Tuesday, April 27th

BOYS TEAMS: Hudson, Meskwaki, Saydel, South Tama, Twin Cedars, Williamsburg

GIRLS TEAMS: Hudson, Meskwaki, Montezuma, Saydel, South Tama, Twin Cedars, Williamsburg

ENTRIES: Each team may enter four (4) individuals for running and field events and two (2) relays

On-Line Entry: Online entries open on Thursday, April 22nd

You may enter this meet by going directly to <https://www.vbmeets.com/31952>

Final Declarations close on 04/26/2021

You must declare your final roster by pushing the declare button at the bottom of your entry list. This may be done at any time before the deadline. Do this only when you have made your final changes.

Lineups are due on April 26th at 6:00 pm. This will allow us to send heat sheets the next morning.

Changes/Scratches:

Email CHANGES to [Anthony Jahr \(ajahr@s-tama.k12.ia.us\)](mailto:ajahr@s-tama.k12.ia.us) no later than 10 am Tuesday, April 27th. Only SCRATCHES will be accepted at the meet.

AWARDS: Medals: Relays 1-3 Individual 1-3 and winning Weightman relay, Team Plaque for Boys and Girls winning team

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

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

IMPORTANT: We ask that all coaches please stay out of the press box. We just don't have enough room for extra people.

SPIKES: We request that you use 1/4 inch pyramid spikes and try and keep athletes off the bleachers when they are wearing their spikes.

SURFACE: The track, long jump runway, and the high jump approach are a polyurethane track surface. Discus and shot circles are concrete. The long jump will take place on the North Pit.

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

TIMES: Field events will begin at 4:30 pm. Running events will begin at 4:45 pm. (See attached schedule). This meet will be on a rolling schedule and if we get ahead, we will stay ahead.

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

CAMPS: No camps should be in the bleachers

BUSES: Buses will drop off at the stadium and then park in the southeast parking lot.

ENTRY FEE: \$85.00 for Boys Team. \$85.00 for Girls Team.

COVID: Masks are strongly encouraged for spectators and required when social distancing can not be maintained. Families are encouraged to sit in family groups and social distance from others when seated.

We look forward to seeing you. If you have any questions, please contact Anthony Jahr, A.D. at 641-751-8845

Sincerely,

Anthony Jahr
Activities Director

Emily Chyma
Head Girls Track Coach

Danny Mayo
Head Boys Track Coach

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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 4'2" / BOYS Second - START AT 5'2"

DISCUS – 4 Throws BOYS First / GIRLS Second

SHOT PUT – 4 Throws Girls First / Boys Second

4:45 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)