

# **Union High School**

## **REB COED**

### **Friday, April 30, 2021**

**Girls Teams:** Union, A-P, CPU, Clarksville, Columbus, DNH, Don Bosco, East Marshall, Gladbrook-Reinbeck, Hudson, Independence, Vinton- Shellsburg, Wapsie Valley,

**Boys Teams:** Union, A-P, Belle Plaine, CPU, Clarksville, Columbus, Don Bosco, East Marshall, Gladbrook-Reinbeck, Hudson, Independence, Wapsie Valley, West Delaware

<b><u>Scoring:</u></b>	<b>Individual</b>	<b>10-8-6-5-4-3-2-1</b>
	<b>Relays</b>	<b>10-8-6-5-4-3-2-1</b>

**Field Events—Begin at 4:30**

<b>4:30 PM</b>	<b>High Jump</b>	<b>G/B</b>
	<b>Discus</b>	<b>B/G</b>
	<b>Shot</b>	<b>G/B</b>
	<b>Long Jump</b>	<b>B/G</b>

**Running Events – Begin at 5:00 p.m. Girls First Followed by Boys**

**800m Sprint Medley**  
**3000/3200 meter run - 1 Heat**  
**4 X 800 meter relay 1-Heat**  
**Shuttle hurdle relay-Boys First**  
**100 meter dash**  
**100 meter dash Wheelchair**  
**Distance medley relay**  
**400 meter dash**  
**400 meter dash Wheelchair**  
**4 X 200 meter relay**  
**100/110 meter hurdles**  
**800 meter run**  
**200 meter dash -Senior Night Intros Following 200M**  
**200 meter dash Wheelchair**  
**400 meter hurdles**  
**1500/1600 meter run**  
**4 X 100 meter relay**  
**4 X 400 meter relay**

**Union REB Relays**  
**La Porte City, Iowa**  
**Friday, April 30, 2021**

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**Field Events: 4:30 p.m.**

**Running Events: 5:00 p.m.**

1. The track is a 400-meter, 8-lane rubberized, all-weather surface. Only track shoes with 1/8" spikes will be allowed.
2. **Entries:** Please use Web Link: <https://www.vbmeets.com/32345> for your entries. The link is now open, please have your entries entered by 10:00am on Friday, April 30th. Any changes after that should be brought to the press box on the day of the meet.
  - a. Two individuals and One Relay.
  - b. All will be seeded by time.
  - c. Report to the tent by S/F line immediately for scratches/changes.
3. Entry Fee: \$85.00. Please either mail in advance or bring to the meet with you.
4. Contestants must report to the Clerk-of-Course on the first call so they can receive lane assignments and other instructions. No contestants may run in a heat or lane other than that assigned to him.
5. Starting blocks will be provided. Each team is expected to bring their own batons.
6. Warm-ups in all field events should be taken prior to starting time. The following will apply:

High Jump will begin at 4'2" for girls and 5'2" for boys and be raised 2" each time.  
Shot and Discus will allow 4 throws per athlete.  
Long Jump will allow 4 jumps per athlete.
7. Long Jump and High Jump approaches are of rubberized all-weather surface. Only 1/8" track spikes will be allowed. The Shot Put and Discus rings are concrete.
10. There will be no preliminary heats. All events will be final events and run slowest to fastest.
11. Awards and results will be available in the press box at the conclusion of the meet or we will e-mail them to you the next day. Medals will be given for 1-3 places for relays and 1-3 places for individual events.
12. Please send your athletes dressed for participation. We do not have locker room facilities at the track.

13. All athletes/teams are responsible for their own valuables.
14. Coaches and non-participants will not be allowed on the track or football field during the track meet. You must stay in the stands or your team could be disqualified from that particular event.
15. NO spikes allowed in bleachers!
16. NO camps on football field! All team camps need to be set up outside of fence and cleaned up after meet. Your cooperation is appreciated!
17. Buses should park in the HS parking lot on the south side of the high school.
18. Admission will be \$5 for adults and students.
19. If it is a cold night we will waive the uniform rule.

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