# West Delaware Boys Track Early Bird Meet <br> Tuesday, March 30, 2021 <br> Location - West Delaware Track <br> (Behind West Delaware Middle School <br> Beckman Complex (Baseball Complex) Parking Lot - 901 E. Acers Street) 

| то | Athletic Directors and Boys Track Coaches at: |
| :---: | :---: |
| FROM | Matt Weis, West Delaware Assistant Principal \& Activities Director Doug Winkowitsch, Head Boys Track Coach |
| SURFACE | Please use spikes no greater than $1 / 8$ inch (pyramid or needle) in all running or jumping events. The Shot-Put and Discus rings are concrete. |
| AWARDS | A Plaque will be awarded to the Champion Team Medals will be awarded as follows: <br> $1^{\text {st }}$ thru $3^{\text {rd }}$ for Individual Events <br> $1^{\text {st }}$ thru $3^{\text {rd }}$ for Relays <br> $1^{\text {st }}$ for Weight Man $4 \times 100$ |
| ENTRIES | May enter 4 Individuals in Individual Running Events <br> May enter 2 Relay Teams <br> May enter 4 Individuals in Shot-Put, Discus and Long Jump <br> May enter 2 Individuals in the High Jump <br> Weight Man $4 \times 100$ participants should have been entered in either the Shot-Put or Discus |
| ON-LINE ENTRY INFORMATION |  |
| Online entries open Monday, March 22 at 8:00 AM |  |
| You may enter this meet by going directly to http://www.vbmeets.com/31466 |  |
| Online entries close Tuesday, March 30 at 11:00 AM |  |
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|  | If you have any questions, please call Matt Weis at (563) 357-9927 or Doug Winkowitsch at (563) 920-5535. |

SCORING All events 10-8-6-4-2-1
TIME $\quad$ Coaches Meeting $\quad$ 4:15 PM, Press Box
National Anthem 4:25 PM
Field Events 4:30 PM
Running Events 4:45 PM

## ENTRY FEE \$ 70.00

ADMISSION $\quad \$ 5.00$ for Everyone, Kindergarten through Adult

TEAMS You may set up Team Camps in the infield, but please not in the bleachers. No tents on the infield.
Please stay away from the Soccer Goals.
CONCESSIONS Will be available throughout Meet.
PARKING Please park buses at the baseball complex which is located east of the Track.

## Tentative Time Schedule

4:15

4:25

4:30
Coaches Meeting, Press Box
National Anthem

All Field Events Start (No Prelims/All Finals) Shot-Put 4 throws - No Finals Shot-Put Wheelchair 4 throws - No Finals Discus 4 throws - No Finals Long Jump 4 jumps - No Finals High Jump One Flight - Starting Height 5'2"

4:45 $\quad$ Running Events
800 Meter Sprint Medley Relay
3200 Meter Run
$4 \times 800$ Meter Relay
Shuttle Hurdle Relay
100 Meter Dash
100 Meter Wheelchair
1600 Meter Distance Medley Relay
400 Meter Dash
400 Meter Wheelchair
$4 \times 200$ Meter Relay
110 Meter High Hurdles
800 Meter Run
200 Meter Dash
200 Meter Wheelchair
400 Meter Low Hurdles
1600 Meter Run
Weight Man $4 \times 100$ Meter Relay
$4 \times 100$ Meter Relay
$4 \times 400$ Meter Relay

