

DOWLING CATHOLIC RELAYS

APRIL 5, 2018

TIME: FIELD – EVENTS 4:00
RUNNING EVENTS 4:30

ENTRY FEE:

AWARDS: MEDALS FOR ALL VARSITY 1ST – 2ND – 3RD
INDIVIDUAL & RELAYS

ENTRIES ONLINE ENTRIES OPEN 3/26 AT 12:00 p.m. &
CLOSE 4/4 AT 7:00 p.m.

<http://www.aspimeetz.com/26703>

ENTRY JV: 5 INDIVIDUALS / 2 RELAYS
SPECIFICATIONS V: 2 INDIVIDUALS / 1 RELAY

****1600 & 3200 unlimited JV entries**

****Field Events: HJ/LJ- 3 V/ JV; Shot & Disc- 3 V & unlimited JV**

****Weightman's 4x100 will be run after JV 4x100.**

SCORING: INDIVIDUALS: 6-4-3-2-1
RELAYS: 6-4-2

PACKETS: PICK UP INFORMATION IN THE PRESS BOX
WHEN YOU ARRIVE: PACKETS WILL BE READY
IN THE PRESS BOX AFTER THE MEET

QUESTIONS: CONTACT RYAN VAN VEEN (641-891-6285) OR
Claude Wilkins (515-371-8677) WITH QUESTIONS

THE FIELD: DOWLING CATHOLIC, JOHNSTON, URBAN DALE

FIELD EVENTS: HIGH JUMP LONG JUMP SHOT PUT DISCUS
TOGETHER 4:00 V/JV 4:00 JV/V 4:00 V/JV 4:00

****Please avoid using tape on the track. Tennis balls will be provided for exchange zones.**

Dowling Catholic Relays

TIME SCHEDULE OF EVENTS

SCORING

RELAYS:

6-4-2

INDIVIDUAL:

6-4-3-2-1

4:00	FIELD EVENTS
4:30	800M MEDLEY (V/JV)
4:40	3200M (V/JV)
5:10	4 X 800 RELAY (will be run together)
5:25	SHUTTLE HURDLE RELAY (V/JV)
5:40	100M DASH (V/JV)
5:50	1600M MEDLEY (V/JV)
6:05	400M DASH (V/JV)
6:15	4 X 200 RELAY (V/JV)
6:25	110M HIGH HURDLES (V/JV)
6:40	800M RUN (V/JV)
6:55	200M DASH (V/JV)
7:10	SENIOR NIGHT
7:20	400M HURDLES (V/JV)
7:35	1600M RUN (V/JV)
8:55	4 X 100 RELAY (V/JV/Weightman)
9:10	4 X 400 RELAY (JV/V)