

2024 ASSUMPTION CO-ED INVITATIONAL
ASSUMPTION HIGH SCHOOL – DAVENPORT, IA
APRIL 6TH, 2024
11:30 A.M. FIELD EVENTS, 12:00 PM RUNNING EVENTS
31st Annual – Event

TEAMS ENTERED:

GIRLS: Assumption, Bellevue, Bettendorf, Clinton, Davenport North, Dubuque Wahlert, Easton Valley, Lisbon, Muscatine, Orion, Prince of Peace, Regina, Rochelle, Rockridge, Solon, Tipton

BOYS: Assumption, Bellevue, Bettendorf, Clear Creek Amana, Davenport West, Dubuque Wahlert, Easton Valley, Lisbon, Monticello, North Scott, Orion, Prince of Peace, Regina, Rochelle, Rockridge

AWARDS:

A championship trophy will be awarded to the first-place team. Medals will be awarded to the top three places in individual events and relays.

A plaque will be awarded to the most valuable athlete based on number of points scored for their team (tie breaker voted by coaches).

SCORING:

Mens and Womens will be scored the same. All events will be scored 10-8-6-5-4-3-2-1.

ENTRY FEE: \$150.00 per team/per gender. Please send payments before you arrive at the meet.

ENTRIES:

This season, all results and entries will be handled by AccuRace Timing Services.

Please click on the link here to register at <https://ia.milesplit.com/>

2 Varsity Individual events, 1 Varsity Relay
1 JV Relay in the 4 x100, 4 x 800

YOU MUST DECLARE YOUR TEAM BY THE CLOSE OF REGISTRATION TO BE ENTERED INTO THE MEET. **Entries will be Due on Friday April 5th at 12:00 PM.** Scratches only the day of the meet.

RESULTS: www accuracetiming.com

COACHES: The track in an 8-lane Rekortan M99 system. Up to 3/8" spikes may be worn. There will be a first call and a final call-in which runners need to report to the clerk of course in the staging area near the check-in by the steeplechase pit. Please make sure your athletes are aware of the order for running events. The order of events is enclosed. Limited facilities are available at the stadium, so teams should come dressed. We have added porta potties to reduce some of the bathroom lines. There will be a concession stand available. Once the meet begins, we are encouraging all coaches to coach your athletes. We ask that you respect our wishes and stay away from the finish line, workers and the home stretch. We ask that all spectators stay in the stands. We only want competing athletes and athletes warming up in the competition area. **All warmups are to be done on the back stretch of the track and certain areas of the infield. These will be clearly marked.** Please encourage your parents and fans to bring lawn chairs as spectator seating will be limited during our ever-developing expansion of our seating for the new facility. We have added some temporary bleachers on the home side to aid in the spectator experience.

TEAM CAMPS: We want to keep team camps outside the fence of the track. We are trying to keep team camps off the infield but may allow if we need the space. Absolutely no team camps in the back stretch or home stretch bleachers. Thank you for your help and cooperation.

BUSES: Once you drop athletes and coaches off at the stadium, we will have you directed to another lot to park buses on the West side of the high school.

OTHER ANNOUNCEMENTS: Back by popular demand: We will have a DJ spinning some tunes for the athletes as they are warming up.

We look forward to hosting you.

If you have any questions, please contact Tim O'Neill, timoneill@ceaqc.com

DAVENPORT ASSUMPTION **TRACK & FIELD**

CO-ED INVITATIONAL

11:15 AM Senior Recognition

11:30 AM FIELD EVENTS

Girls Shot Put/Boys Shot Put, 4 Throws, No Finals

Boys Discus/Girls Discus, 4 Throws, No Finals

Girls High Jump/Boys High Jump - 5 - Alive Format

Boys Long Jump/Girls Long Jump 4 Jumps, No Finals

12:00 PM RUNNING EVENTS- All Finals

Girls 800 M Sprint Medley Relay (100,100,200,400)

Boys 800 M Sprint Medley Relay (100,100,200,400)

Girls 3000M Run

Boys 3200M Run

Girls 4 x 800M Relay JV Relay followed by Varsity (may combine if able to)

Boys 4 x 800M Relay JV Relay followed by Varsity (may combine if able to)

Girls Shuttle Hurdle Relay (33")

Boys Shuttle Hurdle Relay (36")

Girls 100M Dash

Boys 100M Dash

W/C 100M

Girls 1,600 M Distance Medley Relay (200,200,400,800)

Boys 1,600 M Distance Medley Relay (200,200,400,800)

Girls 400M Dash

Boys 400M Dash

W/C 400M

Girls 4 x 200M Relay

Boys 4 x 200M Relay

Girls 100M Hurdles (33")

Boys 110 High Hurdles (39")

Girls 800M Run

Boys 800M Run

Girls 200M Dash

Boys 200M Dash

W/C 400M

Girls 400M Hurdles

Boys 400M Hurdles

Girls 1,500M Run

Boys 1,600M Run

Girls 4 x 100M Relay, JV Relay followed by Varsity

Boys 4 x 100M Relay, JV Relay followed by Varsity

Girls 4 x 400M Relay

Boys 4 x 400M Relay

www accuracetimeing.com