



Blue Demon & Lady Dee's Early Bird Invite

Thursday, March 25, 2021

4:30 Field events and 5:00 Running events

Schools attending: Albia, EBF, Clarke, Pekin and Twin Cedars

The Albia High School Athletic Department cordially invites your school's participation in the Blue Demon & Lady Dee's Early Bird Invite.

This meet is sanctioned by the National Federation of State High School Athletic Associations. The eligibility rules of the Iowa State High School Athletic Association will govern the Competition.

1/8 to 3/16 inch pyramid spikes will be required on the track. Concrete surfaces will be used for the shot and discus.

Entries submitted to stacey.johnson@albia.k12.ia.us by noon on Tues., March 23.

4:30	Field Events:
	HJ Girls, Boys
	LJ Boys, Girls
	Shot Girls, Boys
	Discus Boys, Girls
5:00	Running Events
	800M Sprint Med Relay
	3000 Girls
	3200 Boys
	4X800 Girls, Boys
	Shuttle Hurdle Boys, Girls
	100M Dash Girls, Boys
	1600M Distance Girls, Boys
	400M Dash Girls, Boys
	4X200M Relay Girls, Boys
	100/110 Hurdles Girls, Boys
	800M Run Girls, Boys
	200M Dash Girls, Boys
	400M Hurdles Girls, Boys
	1500/1600M Run Girls, Boys
	4X100 Girls, Boys
	4X400 Girls, Boys

Events and Qualifications

- Order of events will be ran the same as determined by the IHSAA website
- 4 entries in the field events
- 4 entries in the individual running events. We will run the slow heat first followed by the fast heat.
- 2 entries in the relay races. We will run the slow heat first followed by the fast heat

Scoring: 8,6,4,3,2,1

Medal Placing:

Field Events 1-3

All Running Events 1-3

There will be a Coaches meeting at the press box at the northwest corner of our track facilities at 4:00PM. Coaches please plan on attending and pick up your packets.

Bus Parking

North side of building in Junior High parking lot.

Dressing Room Facilities and Equipment

Dressing rooms will not be available. Starting Blocks will be provided. Please bring your own batons and have them marked. Camps will not be allowed on the infield.

Meal Tickets: Two meal tickets will be provided to each girl's teams and to each boy's teams

Concessions will be available

If you have any questions please contact Lori Eads A.D.: lori.eads@albia.k12.ia.us