

Albia Blue Demon and Lady Dee
CO-ED INVITATIONAL
Monday, May 3, 2021
Field Events 4:30 and Running Events 5:00PM
Entry Fee: \$50.00 Per Team – Boys and Girls - \$100 Total
Return entry fee to: Albia High School: Attn - Lori Eads
503 B Ave E, Albia, IA 52531

Participating Schools

Albia-B/G Cardinal B/G Centerville B/G Davis Co. G EBF B/G Wayne B/G

Spectator Admission: \$4/Adult, \$2/Student
Coaches Meeting 4:15

Buses will park on the north side of the High School
Concessions will be available
We allow maximum length 1/8" pyramid spikes
Coaches packets in press box: 2 Meal tickets and lane assignments

Please send your entries to Stacey Johnson stacey.johnson@albia.k12.ia.us by Friday, Apr. 30 12:00PM. Place your fastest runner in the FIRST heat.

Make your entries as follows:

100m/200m/400m/100H/200H= 4 entries
800m/1500m/1600m= Unlimited
4x100, 4x200, 4x400, Sprint Medley, Distance Medley=Boys-2 teams, Girls-2 teams
4x800m=Unlimited
Shuttle Hurdle=2 teams each

Scoring: Ribbons will be given out places 1st-6th (Pick up packets after the meet in the press box)

Individuals 10-8-6-4-2-1
Teams 10-8-6-4-2-1

Teams can combine 7th and 8th graders to compete in the events

Each school will be allowed to **score** two individuals and one relay team per event.

The bullpens and check in area for all running events will be just inside the track north of the bleachers.

Have your athletes listen for the announcement of races and please stay in their lanes after each race.

Three attempts will be given in the shot-put, discus, and long jump

Please contact Lori Eads @ 641 932-2161 lori.eads@albia.k12.ia.us

4:30 Field Events

Girls Shot

Boys Discus

Girls High Jump (3'10")

Boys Long Jump

Approx. 5:00

Boys Shot

Girls Discus

Boys High Jump (4'6")

Girls Long Jump

5:00- Girls Followed by Boys

4 x 800 m Relay

Shuttle Hurdle Relay

100 m Dash

1600 m Medley Relay

400 m Dash

4 x 200 m Relay

1500 m Run (G)

1600 m Run (B)

100 m Hurdles

200 m Dash

800 m Medley Relay

200 m Hurdles

800 m Run

4 x 100 m Relay

4 x 400 m Relay