

CENTRAL DEWITT HIGH SCHOOL ATHLETIC DEPARTMENT



Carl Small, MS Activities Director: 563-659-0735 carl.small@cd-csd.org
Becky Green, Athletics Secretary: 563-659-4731 becky.green@cd-csd.org

MS Rheingan's Co-Ed Track Meet Friday, APRIL 25, 2025 Host: Central DeWitt Sabers

Participating Schools: Camanche, Central DeWitt, Easton Valley, Maquoketa, Marquette Catholic, North Cedar, Northeast, Prince of Peace, Tipton.

Track Location: Enter the parking area from 11th Street. The entrance will be the last entrance to the school complex past the 4th Ave. East stoplight. The Track and bus parking is on the south side of the building.

Starting Time:
4:00 p.m. Girls Field Events
4:00 p.m. Boys Running Events

- Participation rules:**
1. Only ONE (1) relay team per event at each grade level.
 2. Maximum of **FOUR (4)** entries in all field events at each grade level; only 2 can score for team points.
 3. Maximum of **Three (3)** entries at each grade level in the following events:
 - 100 m Dash
 - 200 m Dash
 - 10 Flight Hurdles
 - 200 m Hurdles
 4. **Unlimited entries** (only 2 can score for team points) at each grade level in the following events:
 - 400 m Dash (run in a modified waterfall, not lanes)
 - 800 m Run (run in a modified waterfall, not lanes)
 - 1500 m Run (waterfall start)
 - 1600m Run (waterfall start)

Entries: Entries will be through MileSplit at ia.milesplit.com

Entry Fee: \$40 per gender (\$80 if bringing both genders)

DEADLINE for entries is Thursday, April 24 at NOON/12 pm.

Admission: Admission for spectators will be \$3 for adults, \$2 for students.

Concessions: Concessions will be available.

Competition Surfaces: The running surface, long jump, and high jump areas are a polyurethane surface. Discus and Shot put areas are concrete. 1/8" spikes are allowed on all polyurethane surfaces.

Starting Blocks: Starting blocks will be available. It is the responsibility of the competitor to obtain blocks from the starting areas.

Reporting for Events: Running competitors are required to check in at the North end of the straightaway. Field event competitors check in at field event venues.

Results: Results will be sent to schools following the meet.

Awards: There will be no awards for this meet.

All running events will be conducted in the same manner:

7th Grade Girls
8th Grade Girls
7th Grade Boys
8th Grade Boys

All events are finals, NO PRELIMINARIES. Heats will be combined, when applicable.

Order of Field Events

4:00 p.m.	Girls - Field Events 1st	Boys - Running Events 1st
	Shot Put – 8 th Girls, 7 th Girls	4 X 800 (7th and 8th combined)
	Discus – 7 th Girls, 8 th Girls	Shuttle Hurdle Relay
	Long Jump – 8 th Girls, 7 th Girls	100-Meter Dash
	High Jump – 7 th Girls, 8 th Girls	Distance Medley
	7 th Girls - 3'8"	400-Meter Dash
	8 th Girls - 4'0"	4 X 200
	7 th Boys - 4'2"	
	8 th Boys - 4'4"	

As the bar moves up and reaches the starting height for a new grade level, those competitors will join the competition. The bar will be moved up in 2" increments.

Order of Running Events

1500-METER RUN (7th and 8th combined)
1600 m Run (7th and 8th combined)
100-Meter HURDLES
200-METER DASH
SPRINT MEDLEY RELAY
200 METER HURDLES
800 METER RUN
4 X 100 METER RELAY
4 X 400 METER RELAY

Starter: Ray Wilden

Coaches and non-Participants will not be allowed on the track or football field during the running events. You are requested to stay behind the fence.