



Comet Co-ed Relays
Bellevue High School
May 1, 2020

Schools Participating

Boys: Bellevue, East Buchanan, Easton Valley, Maquoketa, Marquette Catholic, Midland,

Girls: Marquette, Midland, East Buchanan, Bellevue

Entry Fee: \$100 per team; \$190 if bringing both boys and girls.

Bus Drivers: Drop athletes off at the main gate, then park along the baseball field around the bus garage and along the north side of the school.

Camps: We will have an area for team camps outside the fence west of the football field. Only participants and Coaches are allowed in the track area during the contest.

Running Events: All running events are finals. There will be no prelims. **Three individuals for each event, of which two can score.** JV relay events will be 4x100, 4x200, Sprint Med, 4x400. **(Please register JV Teams as the B Team) (4x100 Throwers should be registered as the C Team)**

Surface: The running surface, high jump surface, and long jump runway are an all-weather surface. Only spikes of ¼" or shorter will be allowed. Starting blocks will be provided.

Start Times: Field Events will start at 4:30pm, running events at 5:00pm

Field Events: Shot put, discus, and long jump competitors will have 4 attempts, all finals. Discus ring is south of the track near the concession stand, shot put ring is west of the stadium, and long jump pit is in the north endzone. **We will allow 4 entries per field event, only 2 will score.**

High jump: Opening heights will be 4' for girls and 5' for boys. High jump pit located inside the track at the south end.

Entries: All entries are through MileSplit at ia.milesplit.com
Starting on April 24th at noon.

Deadline for entries will be Wed April 30th at noon. Only scratches will be accepted at the meet. No additions/Substitutions will be allowed.

Timing: will be through AccuRace Timing Services, and live results / heat sheets will be on our website at <http://www accuracetimeing.com/info>

Scoring: 10-8-6-5-4-3-2-1 for all events

Medals: Top 5 individuals and Top 3 relays

Admission: \$7 K - 12. Bound Tickets or Credit/Debit Cards at the Gate. **No Cash Sales!**

Direct questions to Pete Bonifas 563-581-1459 (cell) petebonifas@bellevue.k12.ia.us

Co-ed Comet Relays

Order of Events

Field Events:

4:30 PM- Shot put: G/B

Long Jump: B/G

Discus: B/G

High Jump: G/B

Girls will run first, followed by boys.

5:00 PM JV 800 sprint medley

800m sprint medley

3000/3200m run

4X800m relay

Shuttle Hurdle Relay

100m dash

1600m Medley Relay

400m dash

JV 4X200m relay

4X200m relay

100m hurdles

110m hurdles

800m run

200m dash

400m hurdles

Senior Recognition

1500/1600m run

JV 4X100m relay

4X100m relay

4x100m (Field Event participants only)

JV 4X400m relay

4X400m relay