**2022 Western Dubuque JV COED**

Monday April 11, 2022

**TEAMS:**

**Boys:** Anamosa, Hempstead, Senior & Western Dubuque

**Girls:** Hempstead, Senior & Western Dubuque

**General Information**

\*Field Events will start at 4:15 PM, Running events will start by 5:00 PM

\*All camps must be set-up outside the track and not on the Football Field.

\*Non-participants are not allowed on the infield.

\*Park buses in the **southeast parking lot** & have participants walk up to the track and enter by concession stand.

**Awards- Medals** will awarded to the 1st three individual place winners and 1st place relay winners. -Only A relay and 2 individuals for each school may medal and score.

**Entries:**

Entry Fee: **$85.00** for each girls and boys team entered-make checks payable to Western Dubuque High School.

I have opened up on Varsity Bound registration for the 2022 JV/Varsity Early Bird instead of VB meets. Please register on Varsity Bound.

The link opens at 6 AM on Monday April 4th andcloses at 9 AM on Monday April 11th.

Here is the link for how to enter a meet through Bound.

<https://intercom.help/varsitybound/en/articles/6027605-how-to-register-for-a-track-meet>

\*\*If you have not declared by 9 AM on Monday April 11th we will declare what you have, and your entries will be final at that time. If you have any questions contact Tyler Lown, tyler.lown@wdbqschools.org or 563-876-3442 ext. 300

Girls and Boys -1 Relay Team-May have 1 extra 4X8, 4X4, 4X2, 4X1

Girls and Boys-4 Individuals Except Throwers may bring **6** extra throwers. **-Extra Throwers cannot leave to run.**

2022 BOBCAT JV COED ORDER OF EVENTS

-1 Relay Team-May have 1 extra 4X8, 4X4, 4X2, 4X1

-4 Individuals Except Throwers may bring 10 extra throwers. **-Extra Throwers cannot leave to run.**

**FIELD EVENTS- 4:15 PM**

**High JUMP B/G -Girls will start at 4' Boys will start at 5'**

**Discus B/G/ -Boys west circles/Girls east circle**

**Shot G/B -Boys west circle/Girls east circle**

**Long Jump G/B Boys south pit/Girls north pit**

**Running Events-Start by 5:00 PM –Girls followed by Boys**

**\*\*\*Please get Hip Numbers at concession stand area\*\*\***

**800 Meter Sprint Medley Relay**

**3000/3200 Meter Run**

**4X800 Meter Relay**

**Shuttle Hurdle Relay**

**100 Meter Dash**

**1600 Meter Distance Medley Relay**

**400 Meter Dash**

**4X200 Meter Relay**

**100/110 Meter Hurdles**

**800 Meter Run**

**200 Meter Dash**

**400 Meter Hurdles**

**1500/1600 Meter Run**

**4X100 Meter Relay**

**4X400 Meter Relay**