

2025 Aquinas Invitational Track Meet

Date: Monday April 7

Teams: Aquinas, Cedar Bluffs, Clarkson-Leigh, David City, Howells-Dodge, Humphrey-L. Academy, Northwest JV's, Schuyler, Yutan

Entry Fee: \$200 (for 8 individual custom medals & ATF timing system)

Time: Field Events @ 1:00 p.m. Running Events @ 3:30 p.m.

Scoring: **All Events** score **8 places** (10-8-6-5-4-3-2-1)

Entries: **4 ENTRIES PER EVENT PER SCHOOL**

Entries are due 9:00 a.m. Monday April 7.

Where: **Are on the Bound website (INSTRUCTIONS ARE ATTACHED IF NEEDED)**

Workers: Help is needed on the field events since with earlier start time we cannot use our teachers.

Plan to run these field events with **your own** supplied workers also.

Discus- Boys- Clarkson-Leigh Girls- Northwest JV

Shot Put- Boys- Howells-Dodge Girls- Yutan

Pole Vault- David City

High Jump- Cedar Bluffs

Long Jump- Schuyler

Triple Jump- Humphrey-Lindsey Ac.

Camps: Team camps can be in the stands only or west of the track

Medals: Will be available at the end of the meet from the press box.
Medals- 1-8 individual Relays 1-3

Officials: **Starter** Doug Kubik of Atkinson **Meet Director** Ron Mimick
ron-mimick@cdolinc.net

Finals: **We will run this as finals only meet.**

Aquinas Invite Schedule

12:30 Coaches Meeting

1:00 **Field Events**

NO FINALS just 4 Jumps or Throws

Shot Put Girls-Boys

Discus Boys-Girls

Long Jump Boys-Girls

Triple Jump Girls-Boys

High Jump Boys/Girls

Pole Vault Together

3:30 **Running Events**

4 x 800 M Relay Girls followed by boys

100 M High Hurdles Girls

110 M High Hurdles Boys

100 M Dash Girls followed by boys

1600 Meter Run "

4 x 100 Relay Girls followed by boys

400 M Dash Girls followed by boys

300 M Low Hurdles Girls

300 M Intermediate Boys

800 M Run Girls followed by boys

200 M Dash "

3200 M Run "

4 x 400 M Relay "