



Mid-Prairie HS Coed Hawk Relays
Monday - April 20th, 2026 4:30 PM

Participating Schools:

Girls Teams - Mid-Prairie, Benton Community, West Liberty
Boys Teams - Mid-Prairie, Benton Community, Eddyville Blakeburg, Grinnell, Oskaloosa, Wilton, West Liberty

Buses: Drop off athletes at the athletic gate on the West side of the school, and then park across the street. Mid-Prairie HS dismisses at 3:15. Please avoid arriving between 3:10 and 3:25.

Admission: \$7.00 General Admission, all tickets sold on Bound - No Cash [Ticket Link](#)
Senior Citizens 62+ Free

Concessions and RRs: Available behind the Home bleachers

Fee: \$75 per team.

Team Camps: Team Camps should be set up outside the infield, on the hill on the South end of the complex or in the visitor bleachers. Teams can warm up on the infield.

Spikes: We request that you use 1/4 inch or less pyramid spikes

Scoring: All events will be scored: 10-8-6-4-2-1 and medals for 1st through 3rd place for both individuals and relays

Timer: Dayton Timing Service will provide **Fully Automatic Timing and Scoring for this meet.**

Online entries open Tuesday, April 14th, 8:00 am, and must be declared by Monday, April 20th, 9:00 am. Entries will be entered through the Bound Website. As long as your team has been added to the meet by the host school, you should be able to log in to Bound under your Girls or Boys Track programs, click on meet entries, and then click on the **Mid-Prairie HS Coed Hawk Relays registration link.**

After you upload or enter your roster, use the individual and relay drop-down box. Each drop-down box will show how many you are allowed. A Meet Program will be emailed to the coaches through Bound.

****Contact me if you have wheelchair entries to enter. The system is easy to use. Do not declare your entries until you are ready. Please enter your cell # when asked to.**

Final meet results: Dayton Timing will post results on Bound and will email a PDF of the results after the meet.

Starter: Alan Averhoff

4:15: Coaches Meeting (Finish Line)

4:30: Field Events

High Jump (G/B) - Girls will start at 4'2" Boys Start at 5'0"

Long Jump (B/G)

Discus (B/G) - 3 Throws and a Final (top 6)

Shot Put (G/B) - 3 Throws and a Final (top 6)

4:45: Running Events - **All races will be girls first followed by the boys. Slowest to Fastest.**

800m Sprint Medley

3000m Run

3200m Run

4 x 800m Relay

Shuttle Hurdle Relay

SENIOR RECOGNITION

100m Dash

1600m Distance Medley

400m Dash

4 x 200m Relay

100m Hurdles

110m Hurdles

800m Run

200m Dash

400m Hurdles (30")

1500m Run

1600m Run

4 x 100m Relay

4 x 400m Relay