

**2017 USATF Junior Olympics Developmental Meet - Hosted by Iowa Speed Track & Field Club**

**Date:** Sunday, May 7, 2017

**Site:** Clear Creek Amana High School - 311 W. Marengo Road, Tiffin, Iowa

**Registration:** All participants must register by May 6<sup>th</sup> at 4pm.

To sign-up for the meet click on the link below.

<http://www.aspimeetz.com/24749>

The cost for each athlete participant to register to compete is \$5.00 before May 6, 2017.

Day of registrations will be \$15.00 until 9am.

**Contact:** Please email [iowaspeed@gmail.com](mailto:iowaspeed@gmail.com) or call 319-404-4984 if you have any questions

**Time:** 8:00am – Facility Opens

9:00am – Start of Long Jump, High Jump, Shot Put

10:00am- Start of Walking/Running Events

**Admission:** Adults = \$5.00

Non-participating kids = Free

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\*Athletes will need to proceed to the WRIST BAND area upon entry of the track meet to confirm events or scratch events. All athletes and coaches will be given a wrist band based on age group or coach.

\*Spikes: ¼" Pyramid Spikes ONLY on the Track & Long Jump (No Christmas Tree Spikes or Needle Spikes Permitted)

\*Questions: Contact Joey Woody at [joey-woody@uiowa.edu](mailto:joey-woody@uiowa.edu) or Heather Woody at [iowaspeed@gmail.com](mailto:iowaspeed@gmail.com)

**Team Camps:** Are allowed in the stadium. No team camps on the infield.

**Coolers:** Allowed and encouraged in the stadium. **No onsite concessions.** There are several local restaurants such as Subway, etc.

**Warm-Up Areas Permitted:** (NO SPIKES PERMITTED ON THE INFIELD)

1. Grassy areas outside of the track. 2. Backstretch when available. 3. Infield

Coaches Must Wear Assigned Wrist Band In Order to Access Track and Field Areas. No Coaches Box.

**ATHLETES MUST BE CHECKED IN PROMPTLY BY 3<sup>RD</sup> CALL FOR THEIR EVENT!**

***Have fun, compete hard, cheer loud and enjoy some awesome track & field!***

**Welcome to the 2017 USATF Developmental Track & Field Meet Hosted by Iowa Speed Track & Field**

**Schedule of Events: Rolling Schedule – All Timed Finals**

<b><u>Running Events:</u></b>	<b><u>Eligible Age Group:</u></b>
10am – 1500 Meter Walk	9-10, 11-12
10am - 3000 Meter Walk	13-14, 15-16, 17-18
3000 Meter Run	11-12, 13-14, 15-16, 17-18
100 Meter Dash	All Age Groups (Order is youngest to oldest)
400 Meter Dash	All Age Groups (Order is youngest to oldest)
Hurdles – 80 Meter	11-12 (30 Inches)
Hurdles – 100 Meter	13-14 Girls (30 Inches) 13-14 Boys (33 Inches) 15-16, 17-18 Girls (33 Inches) 15-16, 17-18 Boys (39 Inches)
200 Meter Dash	All Age Groups (order is youngest to oldest)
800 Meter Run	All Age Groups (order is youngest to oldest)
4x100 Meter Relay	All (order is youngest to oldest)
200 Meter Hurdles	13-14 (30 Inches)
400 Meter Hurdles	15-16, 17-18 (36 inches)
1500 Meter Run	All (order is youngest to oldest)
4x400 Meter Relay	All (order is youngest to oldest)

**Field Events:**

9am Long Jump	17-18, 15-16, 13-14, 11-12, 9-10, 8U
9am High Jump	9-10, 11-12, 13-14, 15-16, 17-18
9am Shot Put (Infield)	8U (2kg), 9-10 (6lbs), 11-12 (6lbs), 13-14 (Girls = 6lbs & Boys 4kg) , 15-16 & 17-18 (Girls 4kg & Boys 12lb)
Javelin (Steel Tip)	17-18 (Boy 800g, Girl 600g), 15-16 (Boy 800g, Girl 600g), 13-14 (600g)
Turbo Javelin	11-12, 9-10, 8-Under (300 grams)
Discus – After completion of shot put	11-12, 13-14, 15-16, 17-18

HAVE FUN – BE POSITIVE – FINISH STRONG

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for competition year 2017 are as follows:

### Age Division Year of Birth

8 & Under	2009+*
9 - 10	2007-2008
11 - 12	2005-2006
13 - 14	2003-2004
15 - 16	2001-2002
17 - 18	1999-2000**

### AGE GROUP EVENTS

**Age 8 and Under (Birth Year 2009 or later)** 100 Meter Dash 1500 Meter Run Long Jump 200 Meter Dash 4 x 100 Meter Relay Shot Put (2 kg) 400 Meter Dash 4 x 400 Meter Relay Mini Javelin (300g) 800 Meter Run

**9-10 Year Olds (Birth Year 2007 or 2008)** 100 Meter Dash 4 x 100 Meter Relay Triathlon: 200 Meter Dash 4 x 400 Meter Relay Shot Put (6 lb) 400 Meter Dash Long Jump High Jump 800 Meter Run High Jump 200 M Dash (Girls) 1500 Meter Run Shot Put (6 lb) 400 M Dash (Boys) 1500 Meter Racewalk Mini Javelin (300g)

**11-12 Year Olds (Birth Year 2005 or 2006)** 100 Meter Dash 4 x 100 Meter Relay Pentathlon: 200 Meter Dash 4 x 400 Meter Relay 80 Meter Hurdles 400 Meter Dash 4 x 800 Meter Relay Shot Put (6 lb) 800 Meter Run Long Jump High Jump 1500 Meter Run High Jump Long Jump 3000 Meter Run Shot Put (6 lb) 800 M Run (Girls) 1500 Meter Racewalk Discus (1 kg) 1500 M run (Boys) 80 Meter Hurdles (30") Aero Javelin (450g)

**13-14 Year Olds (Birth Year 2003 or 2004)** 100 Meter Dash 200 Meter Hurdles – 30” Discus (1kg) 200 Meter Dash 4 x 100 Meter Relay Javelin (600g) 400 Meter Dash 4 x 400 Meter Relay Pole Vault 800 Meter Run 4 x 800 Meter Relay Pentathlon: 1500 Meter Run Long Jump 100 M Hurdles 3000 Meter Run High Jump Shot Put (G 6lb/B 4kg) 3000 Meter Racewalk Triple Jump High Jump 100 Meter Hurdles G/30” Shot Put – Girls (6 lb) Long Jump 100 Meter Hurdles B/33” Shot Put – Boys (4 kg) 800 M (Girls)/1500 M (Boys)

**15-16 Year Olds (Birth Year 2001 or 2002)** 100 Meter Dash 400 Meter Hurdles (G/30”-B/36”) Discus – Boys (1.6 kg) 200 Meter Dash 4 x 100 Meter Relay Javelin - Girls (600g) 400 Meter Dash 4 x 400 Meter Relay Javelin - Boys (800g) 800 Meter Run 4 x 800 Meter Relay Hammer Throw - Girls (4 kg) 1500 Meter Run Long Jump Hammer - Boys (12 lb) 3000 Meter Run High Jump Pole Vault 3000 Meter Racewalk Triple Jump Heptathlon - Girls 2000 Meter Steeplechase Shot Put – Girls (4 kg) Decathlon - Boys 100 Meter Hurdles G/33” Shot Put – Boys (12 lb) 110 Meter Hurdles B/39” Discus – Girls (1 kg)

**17-18 Year Olds (Birth Year 1999 or 2000)** 100 Meter Dash 110 Meter Hurdles B/39” Discus – Girls (1 kg) 200 Meter Dash 400 Meter Hurdles (G/30”-B/36”) Discus – Boys (1.6 kg) 400 Meter Dash 4 x 100 Meter Relay Javelin - Girls (600g) 800 Meter Run 4 x 400 Meter Relay Javelin - Boys (800g) 1500 Meter Run 4 x 800 Meter Relay Hammer Throw - Girls (4 kg) 3000 Meter Run - Girls Long Jump Hammer - Boys (12 lb) 3000 Meter Run - Boys High Jump Pole Vault 3000 Meter Racewalk Triple Jump Heptathlon - Girls 2000 Meter Steeplechase Shot Put – Girls (4 kg) Decathlon - Boys 100 Meter Hurdles G/33” Shot Put – Boys (12 lb)