

DES MOINES AREA YOUTH TRACK CLUB USATF TRACK MEET - JUNE 2, 2018  
 North High School - 501 Holcomb Ave., Des Moines, IA 50313  
 Coach Phil Ferguson – 515-778-9055

Registration: \$5.00 Athlete **PAY at the GATE**  
 Spectator fee: \$5.00 per person; Kids 5 & under are FREE  
 Gates will open at 7:30 a.m.

**Registration deadline is Friday June 1, 2018 at 11:30 a.m.**

**NO Registration at the track the day of the meet**

**To Register: <http://www.aspimeetz.com/26782>**

**AGE DIVISIONS are determined by the age you are on December 31, 2018**

YEAR BORN	AGE	GROUP	# OF EVENTS
2010 AND LATER	8 AND UNDER	(SA) SUB BANTAM	3 EVENTS
2008-2009	9 & 10 YEAR OLDS	(A) BANTAM	3 EVENTS
2006-2007	11 & 12 YEAR OLDS	(B) MIDGET	3 EVENTS
2004-2005	13 & 14 YEAR OLDS	(C) YOUTH	4 EVENTS
2002-2003	15 & 16 YEAR OLDS	(D) INTERMEDIATE	4 EVENTS
2000-2001	17 & 18 YEAR OLDS	(E) YOUNG MEN/WOMEN	4 EVENTS

**Please listen to the announcements and report to your event area as soon as that event is called by age groups.**

**FIELD EVENTS WILL BEGIN AT 8:45 A.M.**

Field event participants will be allowed to leave for running events and must come back as soon as their running events are completed.

**HIGH JUMP:**

Starting heights:	A (9 & 10)	B (11-12)	C (13-14)
Girls	3'0	3'4	3'8
Boys	3'0	3'6	4'0

**FIELD EVENTS:**

Long Jump	SA, A, B, C, D, E	Javelin	C, D, E
Shot Put	SA, A, B, C, D, E	Turbo Javelin	SA, A, B
Discus	B, C, D, E		
Triple Jump	C, D, E		

**We welcome anyone with expertise in this event to help officiate. Thank You!**

**RUNNING EVENTS BEGIN AT 10:00 AM**

WALKS AND OTHER EVENTS MAY BE COMBINED PENDING # OF PARTICIPANTS

1500 m WALK	A, B
3000 m WALK	C, D, E
3000 m Run	B, C, D, E
100 m (Final)	SA, A, B, C, D, E
200 m HURDLES (Final)	C
400 m HURDLES (Final)	C, D, E
4 x 800m Relay	A, B, C, D, E
400m (Final)	SA, A, B, C, D, E
80m HURDLES (Final)	B
100m HURDLES (Final)	C, D, E
110m HURDLES (Final)	D, E
200m (Final)	SA, A, B, C, D, E
800m Run	SA, A, B, C, D, E
4 X 100m Relay	SA, A, B, C, D, E
1500 m Run	SA, A, B, C, D, E
4 x 400 Relay	SA, A, B, C, D, E

**Ribbons will be awarded.**

**Participants in groups A, B, C must qualify at a meet like this to participate in the State Meet.**