

2018 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Sunday, June 10, 2018. The meet will be held at the Central College track, which is located at the corner of Independence and W 5th Street in Pella. Starting time is 9:00 AM, with registration starting at 8:00 AM. The meet is open to any athlete who has the desire to participate in a combined-events meet. You must have a USATF membership card to participate, the cards will be available at the meet registration, or you can purchase them prior to the meet at www.usatf.org. The cost of this meet is \$5.00 for 9-10, 11-12, and 13-14 Year Old Age Groups; \$10.00 for 15-16 and 17-18 Year Old Age Groups. The cost of a USATF membership card is \$20.00.

The events are as follows:

9-10 Yr Old Age Group Born 2008 - 2009

TRIATHLON: High Jump
Shot Put (6 lb)
200 Meter Run (G)
400 Meter Run (B)

11-12 Yr Old Age Group Born 2006 - 2007

PENTATHLON: 80 Meter Hurdles
Shot Put (6 lb)
High Jump
Long Jump
800 Meter Run (G)
1500 Meter Run (B)

13-14 Yr Old Age Group Born 2004 - 2005

PENTATHLON: 100 Meter Hurdles
Shot Put (4 kg (B) , 6 lb (G))
High Jump
Long Jump
800 Meter Run (G)
1500 Meter Run (B)

15-16 Yr Old Age Group Born 2002 – 2003 and 17-18 Yr Old Age Group Born 2000 – 2001 (or after July 29 1999)

DECATHLON (Boys)

100 Meter Dash	110 Meter Hurdles
Long Jump	Discus
Shot Put	Javelin
High Jump	1500 Meter Run
400 Meter Dash	

HEPTATHLON (Girls)

100 Meter Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meter Run
200 Meter Dash	

For more information contact the Meet Director: Jim Walczyk in West Des Moines. (515) 771-4246 (C) or email jim.walczyk@gmail.com.

The top eight (8) placewinners in each group will be eligible to advance to the Region 8 Combined-events meet to be held July 5-6 in Ames, IA. More details on the Region 8 meet will be available at the state meet.

Registration on line: <https://www.athletic.net/TrackAndField/meet/340321/register> or on site day of meet.