

2022 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Sunday, June 12, 2022. The meet will be held at Johnston Middle School 6501 NW 62nd Ave. Johnston, IA 50131. 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 to compete. Memberships can be obtained at <https://www.usatf.org/home/top-utility-nav-content/membership>. The cost of this meet is \$6.00 for Triathlon (9-10 age group), \$10 for Pentathlon (11-12, and 13-14 Year Old Age Groups); \$12.00 for Heptathlon/Decathlon (15-16 and 17-18 Year Old Age Groups). The cost of a USATF membership card is \$25.00.

Registration is on line: <https://www.athletic.net/TrackAndField/meet/474240/register>

The events are as follows:

9-10 Yr Old Age Group Born 2012 - 2013

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

11-12 Yr Old Age Group Born 2010 - 2011

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 2008 - 2009

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 and 17-18 Yr Old Age Group Born 2006 – 2007 Born 2004 – 2005 (athletes born in 2003 are also eligible if they do not turn 19 on or before 7/31/2022)

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.