

DALLAS CENTER GRIMES TRACK & FIELD CLUB

DEVELOPMENTAL YOUTH MEET



DATE: FRIDAY, April 21, 2023

REGISTRATION: 4:00 PM - 5:00 PM

EVENTS: 5:00 PM - FINISH

ELIGIBLE AGE DIVISIONS:

U8 BIRTH YEARS 2015+

9-10 BIRTH YEARS 2013-2014

11-12 BIRTH YEARS 2011-2012

13-14 BIRTH YEARS 2009-2010

LOCATION:

DCG HIGH SCHOOL TRACK
2555 W. 1ST STREET, GRIMES, IA

COST:

ATHLETES - \$5

SPECTATORS – NON-PERISHABLE FOOD ITEM TO
GRIMES STOREHOUSE

CONCESSIONS:

PROVIDED BY DCG BOOSTER CLUB

PARENTS AND COACHES:

IN ADDITION TO PROVIDING AN EARLY SEASON
COMPETITION, WE ALSO WANT TO INTRODUCE
MEET STRUCTURE TO PARENTS AND ATHLETES WHO
MAY BE UNFAMILIAR WITH TRACK AND FIELD.

ROLLING SCHEDULE AND NUMBER OF EVENTS:

WE WILL ADHERE TO A ROLLING SCHEDULE SUCH
THAT EVENTS WILL BEGIN IMMEDIATELY AFTER
COMPLETION OF THE PRIOR EVENT. FIELD EVENTS
WILL OCCUR CONCURRENT TO RUNNING EVENTS.
ATHLETES SHOULD REPORT TO RUNNING EVENTS
AT THE TIME OF EVENT CALL AND THEN RETURN
TO FIELD EVENTS TO COMPLETE JUMPS OR
THROWS. ATHLETES CAN PARTICIPATE IN FOUR
EVENTS, INCLUDING RELAYS AND FIELD EVENTS.

FIELD EVENTS:

LONG JUMP; AGE GROUP YOUNGEST
TO OLDEST
SHOT PUT; AGE GROUP YOUNGEST
TO OLDEST

**RUNNING EVENT ORDER: ALL RACES
WILL BE RUN OLDEST TO YOUNGEST**

800 METER RUN
50 METER DASH (U8 ONLY)
100 METER DASH
400 METER DASH
4X200 METER RELAY

STARTING BLOCKS:

NOT ALLOWED FOR U8 AND 9-10 AGE DIVISIONS
OPTIONAL FOR 11-12 AND 13-14 AGE DIVISIONS



NO TIMING SYSTEM WILL BE UTILIZED. NO TIMES WILL BE RECORDED OR
COMPILED. RIBBONS WILL BE AWARDED IMMEDIATELY AFTER EACH HEAT
BASED ON AN ATHLETE'S FINISH WITHIN THE HEAT.

OUR COACHES AND VOLUNTEERS ARE FOCUSED ON BUILDING ENTHUSIASM FOR TRACK AND FIELD IN YOUNG ATHLETES.
WE ENCOURAGE PARENTS AND ATHLETES TO DISPLAY GOOD SPORTSMANSHIP AND TO CELEBRATE EFFORT OVER
RESULT.