



2023 Johnston Running Club Youth Track Meet Schedule



General Information

Date: Sunday, June 4, 2023
Location: Johnston High School 6500 NW 100th St. Johnston, IA 50131
Registration: \$15.00 athlete participation fee (plus online processing fee)
Spectator Fee: None
Time: 9:00 a.m. Gates open
10:00 a.m. Field events begin
11:00 a.m. Running events begin

Pre-Registration Link: <https://www.athletic.net/TrackAndField/meet/504575/register>

Registration Deadline: Friday, June 2, 2023 @ 11:59 p.m.

Order of Events (girls followed by boys in each age group)

Track Events	
4x800m Relay	B, C, D, E
80m Hurdles	B
100/110m Hurdles	C, D, E
100m Dash	SA, A, B, C, D, E
1500m Run	SA, A, B, C, D, E
4x100m Relay	SA, A, B, C, D, E
400m	SA, A, B, C, D, E
200m Hurdles	C
400m Hurdles	D, E
800m Run	SA, A, B, C, D, E
200m Dash	SA, A, B, C, D, E
3000m Run*	B, C, D, E
4x400m Relay	SA, A, B, C, D, E

* = All ages will likely be combined for the 3000m Run.

All events will be a timed final. Please pay attention to the announcer, as we will run on a rolling schedule. Proceed to the clerk of course once event is announced. Check-in for all running events will be at the shed on the south side of the track.

Field Events - youngest to oldest unless noted

Long Jump (2 pits)	SA, A, B, C, D, E
High Jump	A, B, C, D, E
Discus	B, C, D, E
Shot Put	SA, A, B, C, D, E
Triple Jump	C, D, E
Javelin	SA, A, B, C, D, E

(Triple Jump will immediately follow long jump at the jumping pits)

(Javelin will be oldest to youngest age group, some age groups combined)

Field Event Check-In Locations

Long/Triple Jump: Located on the north side of the track - one pit for girls, one pit for boys

High Jump: Located on the south side of the track in the infield

Shot Put: Located west of the stadium

Discus: Located west of the stadium

Javelin: Located west of the stadium

Contact Info

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www.johnstonrunningclub.com



Age Groups

Age Groups	# of Events
SA – 2015 or later (8 & under)	3
A – 2013-2014 (9-10)	3
B – 2011-2012 (11-12)	3
C – 2009-2010 (13-14)	4
D – 2007-2008 (15-16)	4
E – 2005-2006 (17-18)	4

Age determined as of 12/31/2023

of Events means the maximum number of events allowed for athletes in the age group

**Relays do not count towards an individual's max number of events