

## 2025 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Saturday/Sunday, June 7 and 8, 2025. The meet will be held at the Central College track, which is located at the corner of Independence and W 5<sup>th</sup> Street in Pella.

Saturday morning (tentative start time of 10:00 am) will be a clinic for any interested Decathlon and Heptathlon athletes. ***Athletes are invited to the clinic even if not participating in the meet.*** There will be coaches available to instruct athletes in the various events that make up the combined events competition, with special attention given to the javelin, and pole vault as well as helping athletes in all other events they may not be very familiar with. Cost of the clinic will be \$20.00 (payable at the clinic). Participants in the clinic will be responsible for their own overnight accommodations and meals.

**Clinic participants, please see information at the bottom of this document.**

Saturday afternoon (tentative start time 3:00 pm) will begin the first day of the decathlon and heptathlon – completing the first 5/4 events of the competition.

Sunday, the meet will begin at 9:00 AM, with registration starting at 8:00 AM. We will open up with the younger age groups triathlon and pentathlons before bringing the decathlon and heptathlon athletes in to finish their competition.

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. Registration should be done through athletic.net per the Iowa Association track and field meet (see below). The cost of this meet is \$10.00 for 9-10, \$14.00 for 11-12, and 13-14 Year Old Age Groups; \$20.00 for 15-16 and 17-18 Year Old Age Groups. The events are as follows:

### 9-10 Yr Old Age Group Born 2015 - 2016

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

### 11-12 Yr Old Age Group Born 2013 - 2014

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 2011 - 2012

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 2009 – 2010

Born 2007 – 2008 (or after July 26, 2006)

**DECATHLON (Boys)**

100 Meter Dash  
Long Jump  
Shot Put  
High Jump  
400 Meter Dash

110 Meter Hurdles  
Discus  
Pole Vault  
Javelin  
1500 Meter Run

**HEPTATHLON (Girls)**

100 Meter Hurdles  
High Jump  
Shot Put  
200 Meter Dash

Long Jump  
Javelin  
800 Meter Run

For more information contact the Meet Director: Jim Walczyk in West Des Moines. (515) 771-4246 (C) or email [jim.walczyk@gmail.com](mailto: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 10-11 in Ames, IA. .

Registration on line: [Registration Link](#)

**Clinic Participants:**

Please RSVP Jim Walczyk at [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com) with your intentions to attend the clinic. Include any events that you would prefer to get technical training. Include your name, age, email and cell number that you can be reached that day.

If you have any questions, please contact Jim Walczyk at the email above or his cell (515) 771-4246.