

2019 USATF Junior Olympics Developmental Meet - Hosted by Iowa Speed Track & Field Club

Date: Sunday, May 5, 2019

Site: Liberty High School, 1400 South Dubuque St. North Liberty, IA

(plan for constructions/detours in town)

Registration: All participants must register by May 3rd at 4pm.

To sign-up for the meet click:

Web Link: <https://www.vbmeets.com/29555>

The cost for each athlete participant to register to compete is \$5.00 before May 3rd, 2018.

Day of registrations will be \$10.00 until 9am.

Contact: Please email iowaspeed@gmail.com or text 319-404-4984 if you have any questions

Time: 8:00am – Facility Opens

9:00am – Start of Long Jump, High Jump, Shot Put

10:00am- Start of Running Events

Admission: Adults = \$5.00 and non-participating kids = Free. ***Iowa Speed will make a donation from admissions and entry fees to the North Liberty Food Pantry! This is part of our One Mile of Good effort for the 2019 season.***

*Athletes will need to proceed to the WRIST BAND area upon entry of the track meet to confirm events or scratch events. All athletes and coaches will be given a wrist band based on age group or coach.

*Spikes: ¼” Pyramid Spikes ONLY on the Track & Long Jump (No Christmas Tree Spikes or Needle Spikes Permitted)

*Questions: Contact Joey Woody at joey-woody@uiowa.edu or Heather Woody at iowaspeed@gmail.com

Team Camps: Are allowed in the stadium. Team tents are allowed in the stands only due to construction outside the stadium. No team tents will be allowed around the track fence. We must keep the walkway clear. No team camps on the infield.

FOOD OPTIONS:

Coolers are allowed in the stadium. Concessions will be available.

Warm-Up Areas Permitted: **(NO SPIKES PERMITTED ON THE INFIELD)**

1. Infield turf (No Spikes) 2. Backstretch when available

Coaches Must Wear Assigned Wrist Band In Order to Access Track and Field Areas. No Coaches Box.

ATHLETES MUST BE CHECKED IN PROMPTLY BY 3RD CALL FOR THEIR EVENT!

Welcome to the 2019 USATF Developmental Track & Field Meet Hosted by Iowa Speed Track & Field

Schedule of Events: Rolling Schedule – All Timed Finals

Running Events:

Eligible Age Group:

10am:

Hurdles – 80 Meter	11-12 (30 Inches)
Hurdles – 100/110 Meter	13-14 Girls (30 Inches) 13-14 Boys (33 Inches) 15-16, 17-18 Girls (33 Inches) 15-16, 17-18 Boys 110m (39 Inches)

1500 Meter Run	All (order is youngest to oldest)
100 Meter Dash	All Age Groups (Order is youngest to oldest)
400 Meter Dash	All Age Groups (Order is youngest to oldest)
200 Meter Hurdles	13-14 (30 Inches)
800 Meter Run	All Age Groups (order is youngest to oldest)
200m Run	All (order is youngest to oldest)

Field Events:

9am Long Jump	17-18, 15-16, 13-14, 11-12, 9-10, 8U
9am High Jump	9-10, 11-12, 13-14, 15-16, 17-18
9am Shot Put	8U (2kg), 9-10 (6lbs), 11-12 (6lbs), 13-14 (Girls = 6lbs & Boys 4kg) , 15-16 & 17-18 (Girls 4kg & Boys 12lb)
Javelin (Steel Tip)	17-18 (Boy 800g, Girl 600g), 15-16 (Boy 800g, Girl 600g), 13-14 (600g)
Turbo Javelin / Aero Javelin	11-12, 9-10, 8-Under (300 grams)

*****ALL THROWS WILL TAKE PLACE OUTSIDE THE STADIUM**

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for competition year 2019 are as follows:

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The age divisions for competition year 2019 are as follows:

Age Division	Year of Birth
8 & Under	2011+*
9 - 10	2009-2010
11 – 12	2007-2008
13 - 14	2005-2006
15 - 16	2003-2004
17 - 18	2001-2002**

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.