



DALLAS CENTER GRIMES TRACK CLUB EARLY BIRD YOUTH MEET

DATE: APRIL 20, 2018

REGISTRATION: 5:00 PM - 5:45 PM

EVENTS: 6:00 PM - FINISH

ELIGIBLE AGE DIVISIONS:

U8 BIRTH YEARS 2010+
9-10 BIRTH YEARS 2008-2009
11-12 BIRTH YEARS 2006-2007
13-14 BIRTH YEARS 2004-2005

LOCATION:

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

COST:

ATHLETES - \$5
SPECTATORS - FREE

CONCESSIONS:

PROVIDED BY DCG BOOSTER CLUB

COACHES AND PARENTS:

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.

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.

ROLLING SCHEDULE:

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.

FIELD EVENTS:

LONG JUMP
SHOT PUT

RUNNING EVENT ORDER:

800 METER DASH
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



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.