

Re: DCG Track Club Meet Reminders

Date: 04/18/2018

Good afternoon ~

First Meet [April 20]: The first DCG Track Club Home Meet is this Friday evening [April 20] at the high school track in Grimes. We are very excited! Registration begins at 5:00 p.m.

Attached is the meet flyer. Also attached is the relay sheet with the fourteen 4x200m relay teams we have put together. We did our best to put together competitive relay teams in each group and hopefully accommodated all athletes who indicated an interest. If your son/daughter is listed on the relay sheet and cannot attend, please let us know ASAP so we can make the adjustment.

A Few Reminders: Athletes will need to visit the registration table between 5:00-5:45 pm the day of the meet. They will receive a wristband that indicates their age group. They do not need to declare events at registration. Our DCG Track Club athletes will not have to pay the \$5 fee to participate. Spectators are also free. Please have your athlete wear their DCG Track Club uniform.

Meet events will include the 100m, 400m, 800m, 4x200, long jump and shot put. USTAF rules limit athletes in the 8U, 9-10 and 11-12 age groups to three events. Athletes in the 13-14 age group may compete in four events. Any participation in a running event, field event or relay counts toward these limits.

Reminder that age groups are based on birth year rather than age. USATF age divisions (birth years) and other USTAF information can be found on the meet page of our website. Please click [here](#) to review.

During the meet, athletes (parents) need to listen for event calls from the meet announcer throughout the evening. Parents and athletes should not be on the track or infield until their event is called. When an event is called, athletes should report to the start area for the event. There will be volunteers to assist getting athletes into heats and then to the starting line. The long jump and shot put events will be concurrent to running events. If your athlete is actively competing in a field event and a running event is called, they should leave the field event after informing the volunteer at the field event, report to and compete in the running event, and then return to the field event for remaining jumps or throws.

Thanks to those who offered to help and all our volunteers; this meet would not be possible without your help!

If you have any questions, please let us know.

Thanks,

DCG Track Club Coaches