



# DALLAS CENTER GRIMES TRACK CLUB EARLY BIRD YOUTH MEET

**DATE:** APRIL 19, 2019

**REGISTRATION:** 5:00 PM - 5:45 PM

**EVENTS:** 6:00 PM - FINISH

**ELIGIBLE AGE DIVISIONS:**

U8 BIRTH YEARS 2011+  
9-10 BIRTH YEARS 2009-2010  
11-12 BIRTH YEARS 2007-2008  
13-14 BIRTH YEARS 2005-2006

**LOCATION:**

DCG HIGH SCHOOL TRACK  
2555 W. 1ST STREET, GRIMES, IA

**COST:**

ATHLETES - \$5  
SPECTATORS - FREE WILL DONATION  
**ALL PROCEEDS BENEFIT SPECIAL OLYMPICS IOWA**

**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 RUN  
100 METER DASH - SPECIAL OLYMPICS ATHLETES  
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



**USATF**  
MEMBER CLUB

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.