

CENTRAL IOWA EXCALIBURS TRACK MEET
WAUKEE HIGH SCHOOL, SATURDAY, MAY 11, 2019 - Gate opens at 7:30am

Online Registration available 4/22/19 at www.CoachO.com : \$10.00 athlete registration fee. Please register early entries will close at 400 athletes

NO REGISTRATION THE DAY OF THE MEET

Spectator fee: \$5.00 per person; kids 5 and under FREE

Medals: 1st, 2nd and 3rd Ribbons: 4th, 5th and 6th

AGE DIVISIONS are determined by the age you are on December 31, 2019

	Age	Group	Number of Events
2011 and later	8 and under	SA-Sub Bantam	3 events
2010- 2009	9 & 10 year olds	A – Bantam	3 events
2008- 2007	11 & 12 year olds	B – Midget	3 events
2006 - 2005	13 & 14 year olds	C – Youth	4 events
2004 - 2003	15 & 16 year olds	D – Intermediate	4 events
2002 - 2001	17 & 18 year olds	E-Young Men/Women	4 events

FIELD EVENTS BEGIN AT 9am

HIGH JUMP

Starting Heights:	A (9 & 10)	B (11-12)	C(13-14)
<u>Girls</u>	3'0	3'4	3'8
<u>Boys</u>	3'0	3'6	4'0

<u>Events</u>	<u>Eligible Participants</u>
Long Jump	A,B,C,D
Shot Put	A,B,C,D
Discus	B,C,D
Javelin	A,B,C,D

RUNNING EVENTS BEGIN AT 10 AM

Girls followed by boys in all events

Walks and other events may be combined pending number of participants.

10:00 AM

3000m, Run	B,C,D
100m (FINAL)	A,B,C,D
200m hurdles (FINAL)	C
400m hurdles (if needed)	D
4 x 800 relay	B,C,D
400 (FINAL)	A,B,C,D
80m Hurdles	B
100m Hurdles	C
110m Hurdles (if needed)	D
200 (FINAL)	A,B,C,D
800m Run	A,B,C,D
4 x 100 relay	A,B,C,D
1500m run	A,B,C,D
4 x 400 relay	A,B,C,D

All competitors should report to the Clerk of Course immediately after your event is called, pay close attention to the progress of the meet as we plan to proceed without delay. Questions should be directed towards Coach Nichols or Denise Nichols