



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SCHEDULE OF EVENTS

Each section will include a boys and girls races(s). A child **MUST** compete in his or her respective age group.

AGE IS BASED OFF AGE ON DECEMBER 31, 2018

DOCUMENT AS PROOF OF AGE MAY BE ASKED IF AGE IS QUESTIONABLE

Entry Participation

Participant may enter in a MAXIMUM of 3 Individual Events which **MUST INCLUDE** a field event. Options include: 2 running & 1 field **OR** 2 field & 1 running. The relay **DOES NOT COUNT** toward an individual event and may be used as a fourth event

6 Year Olds

1. 50m Dash
2. 100m Dash
3. 200m Dash
4. Standing Long Jump
5. Softball Throw

7-8 Year Olds

1. 50m Dash
2. 100m Dash
3. 200m Dash
4. 4x100m Relay
5. Standing Long Jump
6. Softball Throw

9-10 Year Olds

1. 50m Dash
2. 100m Dash
3. 200m Dash
4. 400m Dash
5. 4x100m Relay
6. Standing Long Jump
7. Softball Throw

11-12 Year Olds

1. 100m Dash
2. 200m Dash
3. 400m Dash
4. 800m Run
5. 4x100m Relay
6. Standing Long Jump
7. Softball Throw

13-14 Year Olds

1. 100m Dash
2. 200m Dash
3. 400m Dash
4. 800m Run
5. 1600m Run
6. 4x100m Relay
7. Standing Long Jump
8. Softball Throw

Additional Entry Information

- 3 attempts in each field event
- Each competitor will be allowed one false start
- Preliminary heats MAY be run if necessary based on number of entries, otherwise all heats are final
- 12in softball will be used for 7-14 year olds & 11in softball will be used for the 6 year olds
- No spikes or any type of turf shoe will be allowed
- 1 Boy & 1 Girl Champion in each event in each division will advance to State Meet in Marshalltown

Call Ashton at 712-243-3934 or email at akoehlmoos@nishnavalleymca.com with questions