

DALLAS CENTER GRIMES TRACK & FIELD CLUB

DEVELOPMENTAL YOUTH MEET



DATE: FRIDAY, April 21, 2023

REGISTRATION: 4:00 PM - 5:00 PM

EVENTS: 5:00 PM - FINISH

ELIGIBLE AGE DIVISIONS:

U8 BIRTH YEARS 2015+

9-10 BIRTH YEARS 2013-2014

11-12 BIRTH YEARS 2011-2012

13-14 BIRTH YEARS 2009-2010

LOCATION:

DCG HIGH SCHOOL TRACK

2555 W. 1ST STREET, GRIMES, IA

COST:

ATHLETES - \$5

SPECTATORS – NON-PERISHABLE FOOD ITEM TO GRIMES STOREHOUSE

CONCESSIONS:

PROVIDED BY DCG BOOSTER CLUB

PARENTS AND COACHES:

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.

ROLLING SCHEDULE AND NUMBER OF EVENTS:

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. ATHLETES CAN PARTICIPATE IN FOUR EVENTS, INCLUDING RELAYS AND FIELD EVENTS.

FIELD EVENTS:

LONG JUMP; AGE GROUP YOUNGEST TO OLDEST

SHOT PUT; AGE GROUP YOUNGEST TO OLDEST

**RUNNING EVENT ORDER: ALL RACES
WILL BE RUN YOUNGEST TO OLDEST**

800 METER RUN

50 METER DASH (U8 ONLY)

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



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.

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.