



3rd Annual Janelle Coil Relays
Valley Youth Running Club
Youth Track and Field 2024 Meet Schedule



General Information

Date: Sunday, May 5, 2024

Location: Valley High School (3650 Woodland Ave. West Des Moines, IA 50265)

Registration: \$15 per athlete---(paid online only)

Time: 7:45 a.m. gates open

8:30 a.m. field events begin

9:15 a.m. running events begin

Registration Link: <https://www.athletic.net/TrackAndField/meet/554296/register>

Registration Deadline: Friday, May 3rd @ 11:59 A.M.

Order of Events (girls followed by boys in each age group)

<u>Track Events</u>	<u>Age groups</u>	<u># of events</u>
9:15 a.m. 3000m Run (will be ran in 1 heat)	SA- 2016 or later (8-U)	3
80m Hurdles / 100m Hurdles	A- 2014-2015 (9-10)	3
100m Dash	B- 2012-2013 (11-12)	3
400m Run	C- 2010-2011 (13-14)	4
800m Run (will combine age groups)	D-E 2006-2009 (15-18)	4
200m hurdles		
200m Dash		
1500m Run (will combine age groups)		

* we will run on a rolling schedule.

* All events will be a timed final

* Check in for all running events will be on the North infield under the tent.

Field Events

8:30am Long Jump (SA-D)

8:30a.m High jump (D-SA)

8:30 a.m. Shot put (D-SA)

9:30 a.m. Discus (B-D) ---11 and up

9:30 a.m. Javelin

* Times are approximate we will run on a rolling schedule.

* Check in for field events

- Long jump on the northside of the track – one pit for girls, one pit for boys

- High jump on the northside of the infield

- Shot put located on the northeast corner outside of the track near track shed

- Discus located in the northwest corner outside of the track near parking lot

- Javelin located in southwest corner outside of the track near Ashworth street