

CENTRAL IOWA EXCALIBURS TRACK MEET
WAUKEE HIGH SCHOOL, SATURDAY, MAY 11, 2024- Gate opens at 7:00am

Online Registration available 04/08/2024 Registration fee: \$15.00

*****<https://www.athletic.net/TrackAndField/meet/549218>*****

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, 2024

	Age	Group	Number of Events
2016 and later	8 and under	SA	3 events
2015 – 2014	9 & 10 year olds	A	3 events
2013 - 2012	11 & 12 year olds	B	3 events
2011 - 2010	13 & 14 year olds	C	4 events
2009 - 2008	15 & 16 year olds	D	4 events
2007 - 2006	17 & 18 year olds	E	4 events

*******FIELD EVENTS BEGIN AT 8am*******

HIGH JUMP

<u>Starting Heights:</u>	<u>A (9 & 10)</u>	<u>B (11-12)</u>	<u>C(13-14)</u>
<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	SA,A,B,C,D, E
Shot Put	SA,A,B,C,D,E
Discus	B,C,D,E
Javelin	SA, A,B,C,D,E

*** **RUNNING EVENTS BEGIN AT 10 AM*****

Girls followed by boys in all events

Events may be combined pending number of participants.

10:00 AM

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

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