



## ***Davis High School- June 11 @ 9 AM***

### **Track Events**

9:00      3000M run-ages 9 & older  
            60M hurdles-ages 10 & under  
            80M hurdles-ages 11-12  
            100M hurdles-ages 13 & older  
            100M dash  
            1500M run  
            400M dash  
            4 x 100M relay  
            800M run  
            200M dash  
            4 x 400M relay  
            200m hurdles  
            400m hurdles

### **Field Events (open pit)**

9:00-11:00 Long Jump: 10 and under  
9:00-11:00 Shot Put: ages 10 and under  
9:00-11:00 Javelin : ages 11 and older  
9:00-11:00 High Jump  
9:00-11:00 Discus  
9:00-11:00 Pole Vault

11:00-1:00 Long Jump: ages 11 and older  
11:00-1:00 Shot Put: ages 11 and older  
11:00-1:00 Javelin: ages 10 and younger

PLEASE NOTE:

- \*This is a rolling schedule. We will move ahead whenever possible.
- \*Please get a bib sticker from your coach before your first event.
- \*At first call, make your way to the starting line to check-in.
- \*In all running events, the youngest will go first and girls will be followed by boys.
- \*"Open pit" means that you may get your marks at any time during the time frame as long as you are in that age division.
- \*We will end the meet with a coaches/parents/family 4x400M division! Please email [jami.caldwell@gmail.com](mailto:jami.caldwell@gmail.com) if interested!
- \*The infield will be primarily closed to everyone except athletes, officials and volunteers.

REGISTRATION:

- Registration will be done through runnercard and will open Saturday May 21st
- All athletes must register ahead of time, registration will close at 5:00PM the night before.
- We will NOT have day of registration
- Cost of meet is \$5/event

RUNNERCARD REGISTRATION INSTRUCTIONS:

- You will need to complete your registration by the registration deadline. (no exceptions).
- Find the meets on Runnercard [here](#) and [here](#)!
- At the top there is a Register button (click that)
- On the left side there is an Individuals section. You will click on Individual Signup even if you are on a team (you will be able to choose your team later).
- DO NOT CREATE AN ACCOUNT (this is for coaches only in order to register relay teams).
- You will then click on Agree to the Liability Waiver.
- Fill out your Athlete's Name
- Then fill in their birthdate (the rest of that section is optional)
- Under Team Affiliation just click on Unattached or Team but leave the team field blank.
- Under Questions it will allow you to select your team if you are on one.
- Select the events your athlete will compete in (please choose the right gender and age division (according to chart below)). Please choose the correct age division - remember it is not always their current age, but based on the year they were born:

**Year of Birth Age Division**

born 2014+: 8 & Under

born 2012-2013: 9-10

born 2010-2011: 11-12

born 2008-2009: 13-14

born 2006-2007 15-16

- You do not need to register for relays. If you are planning on running in a relay talk to your coach they will register those.
- Click next and either add other athletes or complete the payment process.
- \*\*Coaches: for relays we need you to create a team account if you don't already have one. This can be done on the right side of the main page. Then you will login under teams after you click Register. A meet access code will be emailed to you. Don't share the meet access code with anyone who is not a coach. Please only enter relays into the meet not individuals as they will do that themselves. If you have questions about this process contact Nelson @ (385) 207-8378.