



Let It Fly Track "LIFT" Invitational Track & Field Meet

USATF Colorado Sanctioned Event
 Saturday June 15th, 2019
 Echo Park Stadium
 11901 Newlin Gulch Blvd, Parker, CO 80134

Start Time: 9:00am track events (rolling schedule), 9:00am Field Events (see schedule below)
Facility: 400M All-Weather surface
Timing: Fully Automatic Finish Lynx
Concessions: Will be available
Awards: Medals 1st-3rd
Entry Fees: \$10 per event, \$25 per relay
Registration: Online at <http://colorado.usatf.org/Sports-Programs-for/Youth/Youth-Upcoming-Events.aspx>
Registration deadline: Thursday June 13th (MST) at 9pm (NO Meet Day Registration)
Eligibility: Competition is open to all 18 & under current 2019 USATF member Athletes.
 Divisions based on birth year, must be at least 7 years of age as of December 31st, 2019.

For the safety and benefit of all athletes, NO parents will be allowed on the field, in the warm-up areas, or in the clerking area.

Division	Max Events	Contested Events
7-8	3	100-200-400-800-1500-4x100-4x400-LJ-SP-Mini Jav
9-10	3	100-200-400-800-1500-4x100-4x400-LJ-HJ-SP-Mini Jav
11-12	3	100-200-400-800-1500-3000-80mH-4x100-4x400-LJ-HJ-SP-Disc- Aero Jav
13-14	4	100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav
15-16	4	100-200-400-800-1500-3000-100/110mH-400mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav
17-18	4	100-200-400-800-1500-3000-100/110mH-400mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav

Schedule of Track Events (First Call 7:30am)

9:00am
 3000m Run
 80/100/110mH
 100m Dash
 800m Run
 400m Dash
 200mH
 400mH
 4x100m Relay
 1500m Run
 200m Dash
 4x400m Relay

Schedule of Field Events (First Call 7:30)

9:00am
 LJ (East Pit) Male only
 order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
 LJ (West Pit) Female only
 order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
 Pole Vault All 13-18 by starting height
 High Jump Male only
 order: 9-10, 11-12, 13-14, 15-16, 17-18
 Shot Put Male Only
 order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
 Discus Female only
 order: 11-12, 13-14, 15-16, 17-18
 11:00am
 Shot Put Female only
 order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
 Discus Male only
 order: 11-12, 13-14, 15-16, 17-18
 1pm
 Mini Jav Female followed by Male
 order: 7-8, 9-10, 11-12
 High Jump Female only
 order: 9-10, 11-12, 13-14, 15-16, 17-18
 3pm
 Javelin Female Followed by Male
 order: 13-14, 15-16, 17-18
 Triple Jump (East Pit Males/West Pit Female)
 order: 13-14, 15-16, 17-18

Age group and genders may be combined as needed depending on numbers