



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

USATF Colorado Sanctioned Event

Saturday June 17th, 2016

6888 Black Forest Rd, Colorado Springs, CO 80923

Start Time:	8:00am track events (rolling schedule), 8:00am Field Events (see schedule below)
Facility:	400M All-Weather surface
Timing:	Fully Automatic Finish Lynx
Concessions:	Will be available
Awards:	Ribbons 1 st -6 th
Entry Fees:	\$10 per event, \$25 per relay
Registration:	Online at http://colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx
Registration deadline:	Thursday June 9 th (MST) at 6pm (NO Meet Day Registration)
Eligibility:	Competition is open to all 18 & under current 2016 USATF member Athletes. Divisions based on birth year, must be at least 7 years of age as of December 31 st , 2016.

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-Mini Jav
13-14	4	100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-LJ-TJ-HJ-SP-Disc-Javelin
15-16	4	100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-LJ-TJ-HJ-SP-Disc-Jav-Ham
17-18	4	100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-LJ-TJ-HJ-SP-Disc-Jav-Ham

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

8:00am	3000M Run
	80mH/100mH
	100M Dash
	800M Run
	400M Dash
	200mH
	4x100m Relay
	1500M Run
	200M Dash
	4x400M Relay

Schedule of Field Events (First Call 7:30)

8:00am	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
	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	
10:00am	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	
12noon	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	
2pm	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	
	Hammer	Female Followed by Male 16-18