



Let It Fly Track “LIFT” Invitational Track &Field Meet

USATF Colorado Sanctioned Event

Saturday June 17th, 2017

Echo Park (Sports Authority) Stadium

11901 Newlin Gulch Blvd, Parker, CO 80134

Start Time:	4:00pm track events (rolling schedule), 4:00pm 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:	Friday June 16 th (MST) at 8pm (NO Meet Day Registration)
Eligibility:	Competition is open to all 18 & under current 2017 USATF member Athletes. Divisions based on birth year, must be at least 7 years of age as of December 31 st , 2017.

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/Aero Jav
13-14	4	100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-LJ-TJ-HJ-PV-SP-Disc-Jav?
15-16	4	100-200-400-800-1500-3000-100mH-400mH-4x100-4x400-LJ-TJ-HJ-PV-SP-Disc-Jav?
17-18	4	100-200-400-800-1500-3000-100mH-400mH-4x100-4x400-LJ-TJ-HJ-PV-SP-Disc-Jav?

Schedule of Track Events (First Call 3:30pm)

4:00pm	3000m Run
	80mH/100mH
	100m Dash
	800m Run
	400m Dash
	200mH
	400mH
	4x100M Relay
	1500m Run
	200m Dash
	4x400m Relay

Schedule of Field Events (First Call 3:30pm)

4:00pm	LJ (Outside Pit)	Male only
	order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18	
	LJ (Inside 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	
	Shot Put	Female only Immediately following Males
	order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18	
	Discus	Male only Immediately following Females
	order: 11-12, 13-14, 15-16, 17-18	
	High Jump	Female only immediately following the Males
	order: 9-10, 11-12, 13-14, 15-16, 17-18	
	Triple Jump (Outside Pit Males/Inside Pit Female)	
	Immediately following Long Jump	
	order: 13-14, 15-16, 17-18	
	Javelin First: Female Followed by Male or combined	
	order: 13-14, 15-16, 17-18 At Newlin Meadows Park	
	Mini Jav/Aero Jav on main turf infield following Javelin	
	Order: 7-8, 9-10, 11-12	

Tentative schedule for real Javelin, location may change or refunds if necessary

If no real javelin mini/aero jav will start at 4pm