

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

USATF Colorado Sanctioned Event

Saturday June 16th, 2018

Echo Park Stadium

11901 Newlin Gulch Blvd, Parker, CO 80134

Start Time: 9:00am track events (rolling schedule), 9:00am Field Events (Rolling Schedule)
Facility: 400M All-Weather surface
Timing: Fully Automatic Finish Lynx
Concessions: Will be available
Awards: Ribbons 1st-6th
Entry Fees: \$10 per event, \$25 per relay
Registration: Online at USATF-co.org Youth Events
Deadline: Thursday June 15th (MST) at 9pm (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 31st, 2018.

For safety and benefit of all athletes, NO parents allowed on the infield, warm-up areas, or the clerk 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

Rolling Schedule of Track Events (First Call 8:30am) Rolling Schedule of Field Events (First Call 8:30)

9:00am	3000m Run	9:00am	Long Jump (East Pit Males/West Pit Females)
	80/100/110mH		order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
	100m Dash		Triple Jump follows the conclusion of both LJs
	800m Run		(East Pit Males/West Pit Females)
	400m Dash		order: 13-14, 15-16, 17-18
	200m Hurdles		Pole Vault All 13-18 by starting height
	400m Hurdles		High Jump All Male ages Followed by all Females
	4X100m Relay		order: 9-10, 11-12, 13-14, 15-16, 17-18
	1500m run		Shot Put Males followed by Females
	200m Dash		order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
	4X400m Relay		Discus Females followed by Males
			order: 11-12, 13-14, 15-16, 17-18
			-At the conclusion of both Shot & Disc they switch
			Mini/Aero Jav Female followed by Male
			Thrown on stadium infield
			-When these age groups are done with Shot/Disc
			order: 7-8, 9-10 Mini Jav, 11-12 Aero Jav
			Javelin Female Followed by Male
			-See location address below, Following Shot/Disc
			order: 13-14, 15-16, 17-18

**Age groups and genders may be combines as needed depending on numbers
13-18 age group Javelin will throw at Lutheran HS 11249 Newlin Gulch Blvd.**