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.

<table>
<thead>
<tr>
<th>Division</th>
<th>Max Events</th>
<th>Contested Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-8</td>
<td>3</td>
<td>100-200-400-800-1500-4x100-4x400-LJ-SP-Mini Jav</td>
</tr>
<tr>
<td>9-10</td>
<td>3</td>
<td>100-200-400-800-1500-4x100-4x400-LJ-HJ-SP-Mini Jav</td>
</tr>
<tr>
<td>11-12</td>
<td>3</td>
<td>100-200-400-800-1500-3000-80mH-4x100-4x400-LJ-HJ-SP-Disc-Aero Jav</td>
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<tr>
<td>13-14</td>
<td>4</td>
<td>100-200-400-800-1500-3000-100mH-200mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav</td>
</tr>
<tr>
<td>15-16</td>
<td>4</td>
<td>100-200-400-800-1500-3000-100/110mH-400mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav</td>
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<tr>
<td>17-18</td>
<td>4</td>
<td>100-200-400-800-1500-3000-100/110mH-400mH-4x100-4x400-PV-LJ-TJ-HJ-SP-Disc-Jav</td>
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</tbody>
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Rolling Schedule of Track Events (First Call 8:30am) Rolling Schedule of Field Events (First Call 8:30am)
9:00am 3000m Run 9:00am Long Jump (East Pit Males/West Pit Females)
80/100/110mH
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
order: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
200m Dash
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.