



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

USATF Colorado Sanctioned Event
 Saturday June 11th, 2016
 Lewis Palmer High School
 1300 Higby Road, Monument, CO 80132

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 1st-6th
 Entry Fees: \$10 per event, \$25 per relay
 Registration: Online at
 Registration deadline: Thursday June 9th (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 31st, 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	Events Contested
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-PV-Disc-Javelin
15-16	4	100-200-400-800-1500-3000-100/110mH-200mH-4x100-4x400-LJ-TJ-HJ-SP-PV-Disc-Jav-Ham
17-18	4	100-200-400-800-1500-3000-100/110mH-200mH-4x100-4x400-LJ-TJ-HJ-SP-PV-Disc-Jav-Ham

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

8:00am 3000M Run
 80mH/100mH/110mH
 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