

**CENTRAL IOWA EXCALIBURS TRACK MEET
WAUKEE HIGH SCHOOL, SATURDAY, MAY 13, 2023- Gate opens at 7:00am**

Online Registration available 04/17/2023 Registration fee: \$15.00

<https://www.athletic.net/TrackAndField/meet/500648>

NO REGISTRATION THE DAY OF THE MEET

Spectator fee: \$5.00 per person; kids 5 and under FREE

Medals: 1st, 2nd and 3rd Ribbons: 4th, 5th and 6th

AGE DIVISIONS are determined by the age you are on December 31, 2023

	Age	Group	Number of Events
2015 and later	8 and under	SA-Sub Bantam	3 events
2014- 2013	9 & 10 year olds	A – Bantam	3 events
2012 - 2011	11 & 12 year olds	B – Midget	3 events
2010 - 2009	13 & 14 year olds	C – Youth	4 events
2008 - 2007	15 & 16 year olds	D – Intermediate	4 events
2006 - 2005	17 & 18 year olds	E –Young men and women	4 events

*****FIELD EVENTS BEGIN AT 8am*****

HIGH JUMP

Starting Heights:	A (9 & 10)	B (11-12)	C(13-14)
<u>Girls</u>	3'0	3'4	3'8
<u>Boys</u>	3'0	3'6	4'0

Events

Eligible Participants

Long Jump	SA,A,B,C,D, E
Shot Put	SA,A,B,C,D,E
Discus	B,C,D,E
Javelin	SA, A,B,C,D,E

*** RUNNING EVENTS BEGIN AT 10 AM***

Girls followed by boys in all events

Events may be combined pending number of participants.

10:00 AM

3000m, Run	B,C,D, E
100m (FINAL)	SA,A,B,C,D, E
200m hurdles (FINAL)	C
400m hurdles (if needed)	D, E
4 x 800 relay	B,C,D, E
400 (FINAL)	SA,A,B,C,D,E
80m Hurdles	B
100m Hurdles	C, D (girls) E (girls)
110m Hurdles (if needed)	D,E (boys only)
200 (FINAL)	SA ,A,B,C,D,E
800m Run	SA,A,B,C,D,E
4 x 100 relay	SA,A,B,C,D,E
1500m run	SA,A,B,C,D,E
4 x 400 relay	SA,A,B,C,D,E

All competitors should report to the Clerk of Course immediately after your event is called, pay close attention to the progress of the meet as we plan to proceed without delay. Questions should be directed towards Coach Nichols or Denise Nichols