

# LOCAL Live Healthy Iowa Kids Track Meet

## Wednesday, May 8

### I. Eligibility

- A. Age as of December 31, 2024
- B. 5 - 6 year olds (exhibition only: no advancement)
- C. 7 - 14 year olds

### II. Advancement (only pertains to 7 - 14 year olds)

- A. All first place finishers from local meet
- B. Local winners will be given all state meet information at the conclusion of the local meet.

### III. Age Group & Event Availability

- A. Each participant can enter EITHER 2 field and 1 running event OR 2 running and 1 field event

### IV. Regulations

- A. Shoes must be worn. Shoes for turf sports (ie: track spikes) are NOT allowed
- B. All equipment will be provided (softball, batons) and MUST be used

### V. Competition

- A. Field events - best effort of three trials recorded
  - 1. The softball throw is measured for distance only
  - 2. The standing long jump requires both feet to leave the start area at the same time
- B. Track events - all heats are final, ie. no preliminary heats will be held. If more than one heat is necessary for a particular age group event, results will be compared for the submission of the best efforts to state.

Volunteers are essential in making this program a continued success. Please consider volunteering for this free event. Call the Rec Center 472-4164!



## 1 of 2 Track Meet Entry Form

(flip over)

Please Print

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of **Dec. 31, 2024:** \_\_\_\_\_ Sex: M or F  
 Mo. Day Yr.

Applicant's Name \_\_\_\_\_

Parent/Guardian (please print) \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

#1 Phone (\_\_\_\_\_) \_\_\_\_\_ #2 Phone (\_\_\_\_\_) \_\_\_\_\_

School District \_\_\_\_\_

Please list any physical limitation (allergies, hearing, sight, etc.) \_\_\_\_\_

**Volunteers make this event possible...would you like to help? Yes No**

1. While engaging/observing in this activity, I/we bear full responsibility for any loss or theft of personal items 2. I/we release any photographs and/or videos taken during the activity to be used by the City of Vinton 3. In the event of injury or illness, I give my permission for program staff to provide on-site first aid for minor injuries and for licensed physicians to provide necessary emergency medical services if I am unable to provide consent at the time of injury. I agree to assume all costs related to any such medical treatment. I authorize the disclosure of medical information to my insurance company for the purpose of this claim.

Signature of Participant's Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



**Please return form to the Vinton Recreation Center at 701 A St East, Vinton. (flip over)**

# LOCAL Live Healthy Iowa Kids Track Meet



Date: **Wednesday, May 8, 2024**

Location: Karr Athletic Complex, V/S Middle School

Ages: Boys & girls, ages 5-14\*

Cost: free

\*Children must compete in the age grouping according to the age they will be on **December 31, 2024**.

Those ages 5 and 6 will participate only on the Local Level.

Registration deadline: Friday, May 3 to the Vinton Rec Center at 701 A ST E, Vinton  
**LATE REGISTRATIONS WILL NOT BE ACCEPTED.**

Rain Date: Saturday, May 11

Note: All first place finishers in the 7-14 year old divisions qualify for the State Track Meet.

Event Order:	<u>Approx. Times</u>	<u>Event &amp; Age Order</u>
	5:30 pm	All field events first-come-first-serve
	6:10 pm	800 meter run 11-12, 13-14 (Combined heats)
	6:20 pm	100 meter dash 5-6, 7-8, 9-10, 11-12, 13-14
	6:40 pm	400 meter dash 9-10, 11-12, 13-14
	6:50 pm	50 meter dash 5-6, 7-8, 9-10
	7:00 pm	200 meter dash 7-8, 9-10, 11-12, 13-14
	7:10 pm	4x100 meter relay 9-10, 11-12, 13-14 (Combined heats)
	7:20 pm	1600 meter run 13-14 (Combined heats)

**Parents/Guardians – please remove top portion, circle the events you signed your child up for, and keep as your reminder. Return bottom portion to the Vinton Rec Center at 701 A St East, Vinton.**



## 2 of 2 Track Meet Entry Form

(flip over)

Name \_\_\_\_\_ Sex: Female Male

Age as of <b>December 31, 2024:</b>	<b>5-6</b>	<b>7-8</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>
Circle Year Born:	2018 2019	2016 2017	2014 2015	2012 2013	2010 2011

Participants can enter either **TWO TRACK AND ONE FIELD OR TWO FIELD AND ONE TRACK EVENT**. Place an X in the box of those events in which you want to participate in. Darken rectangles indicate no event for that age.

EVENTS	5-6 yr old	7-8 yr old	9-10 yr old	11-12 yr old	13-14 yr old
<b>Field Events</b>					
1. Standing Long Jump					
2. Softball Throw					
<b>Track Events</b>					
3. 50 Meter Dash					
4. 100 Meter Dash					
5. 200 Meter Dash					
6. 400 Meter Dash					
7. 800 Meter Run					
8. 1600 Meter Run					
* 9. 4x100 Meter Relay					

\*Be sure everyone on the relay team fills out a form with same relay individuals! Relay teams must be same gender and must be in the same age bracket.

Relay Team: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_

(flip over)