



## 2024 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Sunday, June 23, 2024. The meet will be held at Johnston Middle School 6501 NW 62nd Ave. Johnston, IA 50131. Starting time is 9:00 AM, with registration starting at 8:00 AM. The meet is open to any athlete who has the desire to participate in a combined-events meet. You must have a USATF membership to compete. Memberships can be obtained at [Membership Link](#). The cost of a USATF membership card is \$30.00.

Registration should be done through athletic.net per the Iowa Association track and field meet (see below). The cost of this meet is \$10.00 for Triathlon (9-10 age group), \$15 for Pentathlon (11-12, and 13-14 Year Old Age Groups); \$20.00 for Heptathlon/Decathlon (15-16 and 17-18 Year Old Age Groups).

**9-10 Yr Old Age Group** Born 2014 - 2015  
TRIATHLON: High Jump  
Shot Put (6 lb)  
200 Meter Run (G)/ 400 Meter Run (B)

**11-12 Yr Old Age Group** Born 2012 - 2013  
PENTATHLON: 80 Meter Hurdles  
Shot Put (6 lb)  
High Jump  
Long Jump  
800 Meter Run (G)/ 1500 Meter Run (B)

**13-14 Yr Old Age Group** Born 2010 - 2011  
PENTATHLON: 100 Meter Hurdles  
Shot Put (4 kg (B) , 6 lb (G))  
High Jump  
Long Jump  
800 Meter Run (G)/ 1500 Meter Run (B)

**15-16 Yr Old Age Group** Born 2008 – 2009  
**and 17-18 Yr Old Age Group** Born 2006 – 2007 (or after July 28, 2004)

### DECATHLON (Boys)

100 Meter Dash	110 Meter Hurdles
Long Jump	Discus
Shot Put	Pole Vault
High Jump	Javelin
400 Meter Dash	1500 Meter Run

### HEPTATHLON (Girls)

100 Meter Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meter Run
200 Meter Dash	

For more information contact the Meet Director: Jim Walczyk in West Des Moines. (515) 771-4246 (C) or email [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com).

The top eight (8) placewinners in each group will be eligible to advance to the Region 8 Combined-events meet to be held July 4-7 at North State University in Aberdeen, SD. More details on the Region 8 meet will be available after the state meet.

Registration on line: [Registration Link](#)