



2017 Tiger Track Club USATF Track meet May 21st

Field events start at 10 am

Running events start at 11am

\$5 per athlete early registration

\$15 day of meet registration

Cedar Falls High School Track

1015 S Division St, Cedar Falls, IA 50613

5\$ for all adults, Full concessions open at 11am

- Day of registration or changes are from 9-10 am only for running events
- Gates open at 9 am with field events starting at 10 am
- There will be prelims and finals for 100 meters
- Age divisions follow USATF
- Field events: long jump, shot put, discus, turbo javelin
- Top 3 receive medals ribbons 4th-6th
- Relays formed day of for 4x100 and 4x400, team coaches put together
- Maximum of individual events not including relays: ages 8-12=3 13-14=4 events
- Please include a 100 meter time for seeding or they will be in slower heats.
- Coaches can register team. Parents can also register individual athlete. Follow directions below pick the option to register as parent or coach when prompted. Either your coach will register you or parents you will have to.
- Contact Dustin Fadiga at www.tigertrackclubcf.com or 319-290-4419 for any info.

Registration will be on Athletic.net

Athlete Registration will be locked on 5/19/2017 at 5:00 PM (local time)

Follow the 4 steps below to get started:

1. Sign up for a free account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen. Choose parent if setting up your kids individually.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box
- Where it says "Meet ID:" enter **312693** and click **Add**

- Repeat this process for the rest of your season calendar.
(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Open the side menu by clicking on your name.
- Click on your team and then click "**Edit Athletes**" from the list of links for your team.
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the USATF Developmental Meet – Tiger Track Club

- Locate **USATF Developmental Meet – Tiger Track Club** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

Order of events subject to change

3000 Meter Run	11-12, 13-14,
100 Meter Dash	All Age Groups (Order is youngest to oldest)
1500 meter run	All Age Groups (Order is youngest to oldest)
Hurdles – 80 Meter	11-12 (30 Inches)
400 meter dash	All (order is youngest to oldest)
Hurdles – 100 Meter	13-14 Girls (30 Inches) 13-14 Boys (33 Inches)
100 meter finals	All Age Groups (order is youngest to oldest)
800 Meter Run	All Age Groups (order is youngest to oldest)
4x100 Meter Relay	All (order is youngest to oldest)
200 <u>meter dash</u>	All (order is youngest to oldest)
200 Meter Hurdles	13-14 (30 Inches)
4x400 Meter Relay	All (order is youngest to oldest)

Field Events:

10 am Long Jump, Shot put	8U (2kg), 9-10 (6lbs), 11-12 (6lbs), 13-14 (Girls = 6lbs & Boys 4kg) Turbo Javelin and Discus will follow.
Turbo Javelin	11-12, 9-10, 8-Under (300 grams) 13-14 600 Gram
Discus –	After completion of shot put 11-12, 13-14,

Age Division Year of Birth

8 & Under	2009+*
9 - 10	2007-2008
11 - 12	2005-2006
13 - 14	2003-2004
15 - 16	2001-2002
17 - 18	1999-2000**