

2023 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Saturday/Sunday, June 24 and 25, 2023. The meet will be held at the Central College track, which is located at the corner of Independence and W 5th Street in Pella.

Saturday morning (tentative start time of 10:00 am) will be a clinic for any combined event athletes that would like to attend, **attendance in the clinic is NOT required to enter the Decathlon or Heptathlon**. There will be coaches available to instruct athletes in the various events that make up the combined events competition, with special attention given to the javelin, and pole vault as well as helping athletes in all other events they may not be very familiar with. Cost of the clinic will be \$20.00 (payable at the clinic). Participants in the clinic will be responsible for their own overnight accommodations on Saturday night, Saturday lunch and dinner, and Sunday Breakfast and Lunch.

Clinic participants, please see information at the bottom of this document. Athletes in the triathlon and pentathlon may participate in the clinic if they desire.

Saturday afternoon (tentative start time 3:00 pm) will begin the first day of the decathlon and heptathlon – completing the first 5/4 events of the competition.

Sunday, the meet will begin at 9:00 AM, with registration starting at 8:00 AM. We will open up with the younger age groups triathlon and pentathlons before bringing the decathlon and heptathlon athletes to finish their competition.

The meet is open to any athlete who has the desire to participate in a combined-events meet. You must have a USATF membership card to participate. Registration should be done through athletic.net per the Iowa Association track and field meet (see below). The cost of this meet is \$8.00 for 9-10, \$10.00 for 11-12, and 13-14 Year Old Age Groups; \$15.00 for 15-16 and 17-18 Year Old Age Groups. The events are as follows:

9-10 Yr Old Age Group Born 2013 - 2014

TRIATHLON: High Jump
Shot Put (6 lb)
200 Meter Run (G)
400 Meter Run (B)

11-12 Yr Old Age Group Born 2011 - 2012

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 2009 - 2010

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
and 17-18 Yr Old Age Group**

Born 2007 – 2008

Born 2005 – 2006 (or after July 31 2004)

DECATHLON (Boys)

100 Meter Dash
Long Jump
Shot Put
High Jump
400 Meter Dash

110 Meter Hurdles
Discus
Pole Vault
Javelin
1500 Meter Run

HEPTATHLON (Girls)

100 Meter Hurdles
High Jump
Shot Put
200 Meter Dash

Long Jump
Javelin
800 Meter Run

For more information contact the Meet Director: Jim Walczyk in West Des Moines. (515) 771-4246 (C) or email 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 13-16 in LaCrosse, WI. More details on the Region 8 meet will be available at the state meet.

Registration on line: <https://www.athletic.net/edit/track/meet/register/4920898>

Clinic Participants:

Please RSVP Jim Walczyk at jim.walczyk@gmail.com with your intentions to attend the clinic. Include any events that you would prefer to get technical training. Include your name, age, email and cell number that you can be reached that day.

If you have any questions, please contact Jim Walczyk at the email above or his cell (515) 771-4246.