

2024 USATF/Iowa Association Combined Events

We will be holding a USATF/IOWA ASSOCIATION State Combined Events Meet on Sunday, June 12, 2022. 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 and 17-18 Yr Old Age Group Born 2008 – 2009 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.

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](#)