



# **2019 All-Valley Youth Track Meet**

**May 1, 9:00 AM @ Alamosa High School Stadium (AHS)**  
**General Information for Participating Schools/Competitors**

*Dear Coach/Parent;*

*The Alamosa School District has graciously again agreed to host our All Valley Youth Track Meet for kids ages 7-14. We hope you to have your kids participate in what is truly a landmark regional celebration of youth athletics.*

## **Overview**

The “Turbo Jav” throw has replaced the softball throw (More information is available including a technique video at [www.turbojav.com](http://www.turbojav.com)). We will provide official turbo javs for the competition.

- Kids can do three events and three only; two track and one field or one track and two field.
- Age is determined by the child’s age as of December 31, 2019.

## **Registration**

**Please submit your child’s or children’s forms by mail or in person to the Alamosa Family Recreation Center by Monday, April 22 (mailing address below) and make sure the release form is signed by a parent/guardian.** Registration forms may also be emailed to the Recreation Office Supervisor, Oriana Sanchez, at [osanchez@ci.alamosa.co.us](mailto:osanchez@ci.alamosa.co.us). With participation numbers in the hundreds, please comply with the registration deadline as you can imagine the work that goes into setting up the meet. **Birth Certificates are no longer required.**

## **Independently-Registered Participants (Individuals, home school, etc.)**

Check-in with event staff to confirm participation no later than 8:30 AM at table set up on the South-side entrance to the Stadium.

## **Tentative Schedule of Events**

**Track Events** (running): A rolling schedule beginning at 9:00 AM.

\*\*Please be attentive to the announcer calls to the start area as he/she will make 3 calls for each event.

**Field Events** (Turbo Jav Throw & Standing Long Jump): Concurrent beginning at 9:00 AM.

Participants are able to do their field events at any time throughout the course of the day.

## **Event Results**

Every effort will be made to announce results on-site. Results will also be posted at [www.AlamosaRec.org](http://www.AlamosaRec.org) by 5:00 PM on Monday, May 6.

## **Head Event Officials**

Head event officials/meet directors will be wearing staff denoted t-shirts and will be available to assist you.

## **Restrooms/Concessions/Spectators**

*Please be mindful when crossing the track, so to not interfere with an ongoing race. There will be a limited amount of space available on the turf infield for warm-ups; however, there is plenty of grass around the stadium for a practice area.*

*Please remind the kids that all food, colored drinks, gum, sunflower seeds and snacks are prohibited on the track and infield. Concessions may or may not be available; it is best to bring some snacks and drinks for your competitors and not have to rely on availability.*

### **First Aid**

General First Aid supplies will be available at the finish line timing area. Emergency Medical Staff WILL NOT be on-site for the meet. The SLV Regional Medical Center EMS is aware of the event and is on stand-by in case of emergency.

### **General Recommendations**

1. HAVE FUN!
2. Drink plenty of water and apply sunscreen frequently.
3. Listen closely to the meet announcer for the running events starting times
4. Keep your group together and cheer each other on!
5. Put in a little effort to stay organized. Bring extra adults to help if needed, the day is more fun that way!

### **Event Parking and Bus Loading**

Bus Unloading/Loading and parking is available next to the stadium on the south side.

### **Schedule of Events**

#### **Running Events - Start 9:00 AM**

##### **1. 1500 Meter Run**

Girls & Boys 9-10  
Girls & Boys 11-12  
Girls & Boys 13-14

##### **2. 100 Meter Dash**

Girls 7-8  
Boys 7-8  
Girls 9-10  
Boys 9-10  
Girls 11-12  
Boys 11-12  
Girls 13-14  
Boys 13-14

##### **3. 200 Meter Dash**

Girls 7-8  
Boys 7-8  
Girls 9-10  
Boys 9-10  
Girls 11-12  
Boys 11-12  
Girls 13-14  
Boys 13-14

##### **4. 400 Meter Dash**

Girls 7-8

Boys 7-8

Girls 9-10

Boys 9-10

Girls 11-12

Boys 11-12

Girls 13-14

Boys 13-14

##### **5. 800 Meter Dash**

Girls 7-8

Boys 7-8

Girls 9-10

Boys 9-10

Girls 11-12

Boys 11-12

Girls 13-14

Boys 13-14

#### **Field Events – Start 9:00 AM**

##### **1. Turbo Jav Throw**

All Divisions

##### **2. Standing Long Jump**

All Divisions