

# 2022 Live Healthy Iowa Track Meet

## Saturday, May 7 at Open Space Park

The Sioux Center Recreation Department is sponsoring the Live Healthy Iowa Track Meet at Open Space Park on Saturday, May 7. Field events begin at 3:00 pm. All events should be concluded by 6:30 pm. This event is FREE and open to all boys and girls born in 2008-2015.

**Participants may enter 4 events – either 2 fields and 1 running plus the relay or 2 running and 1 field plus the relay.** Please complete the entry form and **circle the events** you wish to participate in.

Participants must have turned in a parent-signed form to compete. **You must form your own relay team.**

### RETURN TO SCHOOL BY FRIDAY, APRIL 22

Name: \_\_\_\_\_ Male or Female: \_\_\_\_\_

Phone Number: \_\_\_\_\_ School: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

**(You must compete in the age group by how old you are on December 31, 2022)**

**Age as of December 31, 2022** \_\_\_\_\_

#### **Boys 7-8 (Born in 2014-2015)**

1. 50 meter dash
2. 100 meter dash
3. 200 meter dash
4. Standing Long Jump
5. Softball Throw
6. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

#### **Girls 7-8 (Born in 2014-2015)**

1. 50 meter
2. 100 meter dash
3. 200 meter dash
4. Standing Long Jump
5. Softball Throw
6. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

#### **Boys 9-10 (Born in 2012-2013)**

1. 50 meter dash
2. 100 meter dash
3. 200 meter dash
4. 400 meter dash
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

#### **Girls 9-10 (Born in 2012-2013)**

1. 50 meter
2. 100 meter dash
3. 200 meter dash
4. 400 meter dash
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

Cut along dotted line

**Boys 11-12 (Born in 2010-2011)**

1. 100 meter dash
2. 200 meter dash
3. 400 meter dash
4. 800 meter run
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

**Girls 11-12 (Born in 2010-2011)**

1. 100 meter dash
2. 200 meter dash
3. 400 meter dash
4. 800 meter run
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

**Boys 13-14 (Born in 2008-2009)**

1. 100 meter dash
2. 200 meter dash
3. 400 meter dash
4. 1600 meter run
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

**Girls 13-14 (Born in 2008-2009)**

1. 100 meter dash
2. 200 meter dash
3. 400 meter run
4. 1600 meter run
5. Standing Long Jump
6. Softball Throw
7. 4x100 meter relay (list below)  
(Must form own relay)

Name:

1. \_\_\_\_\_ (born) 20\_\_
2. \_\_\_\_\_ 20\_\_
3. \_\_\_\_\_ 20\_\_
4. \_\_\_\_\_ 20\_\_

All participants must compete in their age group and gender division.

**RETURN TO SCHOOL BY FRIDAY, APRIL 22.**

**We need volunteers to time and measure. Would you be willing to help?**

Name: \_\_\_\_\_ Event: \_\_\_\_\_

Phone: (cell) \_\_\_\_\_ Email: \_\_\_\_\_

**\*\*\*All volunteers will receive a coupon for a free buffet and pop at the Pizza Ranch following the meet\*\*\***

The above named participant and the participant's parent/legal guardian have requested registration of the participant in the Live Healthy Iowa Youth Program. In consideration of such registration, the right of the participant to compete in the Live Healthy Iowa Youth Program and the use by the participant of the sponsoring agency's facilities at the participant's sole risk and the participant on his/her own behalf and on the behalf of his/her heir, executors, administrators and assign hereby release, discharge and agree to hold harmless Sioux Center Recreation & Arts Council and the City of Sioux Center. We also agree to allow Live Healthy Iowa Youth Programs to use and reproduce the participant's name and/or likeness and/or information concerning the participant to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct.

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_