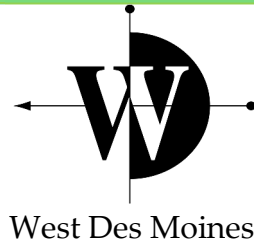


TOM KARPAN RELAYS



Date: Thursday, May 16, 2019
Time: Registration starts at 5:00pm
 Meet starts at 5:30pm
Ages: 5-14
Location: Valley High School Track
Fee: FREE

**Don't miss this special annual track and field event for kids ages 5-14!
 Winners of qualified events will be eligible to take part in the Iowa State
 Track and Field Meet in Marshalltown in June!**



Races will be grouped according to age (5- 6, 7- 8, 9-10, 11-12, 13-14) and gender. **A participant's age is as of December 31, 2019.** An award ribbon will be given to each participant for each event. 1st, 2nd, and 3rd place ribbons will also be given for each heat/event. The fastest time or longest distance recorded for each event (ages 9-14) will be eligible to attend the State Track and Field Meet in Marshalltown in June. These participants will be notified of their eligibility shortly after May 18.

Event	Age
200 Meter Dash	7-14*
Softball Throw	7-14*
Standing Long Jump	7-14*
50 Meter Dash	5-6, 7-10*
100 Meter Dash	5-6, 7-14*
400 Meter Dash	9-14*
4 x 100 Meter Relay	7-14*

* eligible to take part in the Iowa State Track and Field meet

For questions regarding Iowa Track Championships, visit www.livehealthyiowakidstrack.org/