

Smithfield City Youth Track and Field

	7-8 Years	9-10 Years	11-12 Years	13-15 Years
Birth Year	(2019– 2018)	(2017 – 2016)	(2015 – 20014)	(2013 – 2011)
50 Meter	X	X		
100 Meter	X	X	X	X
200 Meter	X	X	X	X
400 Meter	X	X	X	X
800 Meter	X	X	X	X
1600 Meter	X	X	X	X
4 x 100 Meter Relay	X	X	X	X
Softball Throw	X	X		
Standing Long Jump	X	X		
Shot-Put			X	X
Long Jump			X	X

X - Indicates age group may participate in this event

- All age groups may participate in a maximum of three events
- Participants must compete in age groups according to their age on August 31, 2026
- Utah High School rules will govern events with modifications listed in the State of Utah Track and Field Program Manual 2022
- Participants may not wear jewelry, hair beads and decoration, or sunglasses (unless prescription)
- Participants may not run in bare feet or socks, shoes are required
- Only ages 11-15 may wear spikes or shoes designated for spikes during practice and meets
- Turf shoes for field events are not allowed

Smithfield Recreation Track and Field

Track Meet Order of Events

Event #	Event Type
1	Shot Put - open pit (11-12, 13-15)
2	Long Jump - open pit (11-12, 13-15)
3	1600 Meter Run (all ages)
4	50 Meter Dash (7-8)
5	100 Meter Dash (7-8, 9-10, 11-12, 13-15)
6	400 Meter Dash (7-8, 9-10, 11-12, 13-15)
7	200 Meter Dash (7-8, 9-10, 11-12, 13-15)
8	800 Meter Run (7-8, 9-10, 11-12, 13-15)
9	4 x 100 Meter Relay (7-8, 9-10, 11-12, 13-15)
10	4 x 400 Meter Relay (11-12, 13-15)
11	Standing Long Jump - open pit (7-8, 9-10)
12	Softball Throw - open pit (7-8, 9-10)

*All ages groups can participate in a maximum of 3 events

*Girls run first, followed by boys in each event

*Listen for your event and report to the start area after 1st call.

*Running events take priority over field events.