



I-RUN

WARREN COUNTY TRACK CLUB

Date: Sunday, May 16, 2021

Entrance Fee: \$5 for adults, \$3 for students
(kids 5 and under are free)

Location: Indianola Middle School
403 South 15th Street Indianola, IA 50125

Gates Open: 7:30 AM

Field Events: 9:00 AM

Running Events: 10:00 AM

Registration: \$10 per athlete (IRun athletes to pay upon registration)

Registration deadline: Entries due in Athletic.net by May 12, payment due upon arrival.

Order of Events: girls followed by boys • Entries are limited to 400 athletes

Field Events (Javelin at 8:30 AM)

Javelin SA, A, B
Long Jump SA, A, B, C, D, E
High Jump A, B, C, D, E
Shot Put SA, A, B, C, D, E
Discus B, C, D, E

Field Event Locations

Javelin • Located to the east of the stadium (green space)
Javelin is being offer to 12 and under
Long Jump • Located on the south side of the track
one pit for girls, one pit for boys (subject to change)
High Jump • Located on the north side of the track
Shot Put • Located on the southeast corner just outside the track
Discus • Located on the southeast corner just outside the track

Running Events (beginning at 10:00 AM)

3000 Meter Run ** B, C, D, E
80/100/110 Meter Hurdles B, C, D, E
100 Meter Dash SA, A, B, C, D, E
400 Meter Dash SA, A, B, C, D, E
800 Meter Dash ** SA, A, B, C, D, E
200 Meter Run SA, A, B, C, D, E
4 x 100 Meter Relay *** SA, A, B, C, D, E
1500 Meter Run ** SA, A, B, C, D, E
4 x 400 Meter Relay *** SA, A, B, C, D, E

Age Group

of Events

SA	2013 or later (8U)	3
A	2011-2012 (9/10)	3
B	2009-2010 (11/12)	3
C	2007-2008 (13/14)	4
D	2005-2006 (15/16)	4
E	2003-2004 (17/18)	4

Check-in / Hip numbers will be located in the shed in the northeast corner of the track.

* Heats may be combined in all races based on number of entrants

** 3000, 1500 and 800 age groups may be combined based on number of entrants.

*** Relays are fun events and do not count toward # of events (athletes may only participate one time per relay).
Relays can be made up of any age and gender however participants must be a registered athlete.

Tents permitted on grass areas around the track. Athletes may also sit in the east bleachers. No camps on the field.

Onsite Concession will be available • Heat sheets will be available for \$2

Contact Info: Nicole Tenges • 515.971.5930 • nicoletenges@gmail.com

I-RUN Track Meet