

I-RUN

WARREN COUNTY TRACK CLUB

Date: Sunday, June 9, 2024

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: 8:00 AM

Field Events: 9:00 AM

Running Events: 10:30 AM

Registration: \$15 per athlete (plus online processing fee)

Registration deadline: Entries due in Athletic.net by Friday, June 7 11:59PM

Order of Events: girls followed by boys • Entries are limited to 500 athletes

There will be NO day of entries as we have allowed in the past. Please do not allow your athletes to show up if they have not previously registered and paid.

Field Events

Javelin SA, A, B, C, D, E
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)
Long Jump • Located on the south side of the track (2 pits)
High Jump • Located on the north side of the track
Shot Put • Located on the southeast corner
Discus • Located on the southeast corner

Running Events

3000 Meter Run ** B, C, D, E
80 Meter Hurdles B
100/110 Meter Hurdles C, D, E
100 Meter Dash SA, A, B, C, D, E
400 Meter Dash SA, A, B, C, D, E
800 Meter Run ** SA, A, B, C, D, E
200 Meter Hurdles C
400 Meter Hurdles 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 determined as of December 31, 2024

Age Group	# of Events
SA 2016 or later (8U)	3
A 2014-2015 (9/10)	3
B 2012-2013 (11/12)	3
C 2010-2011 (13/14)	4
D 2008-2009 (15/16)	4
E 2006-2007 (17/18)	4

Check-in / Hip numbers will be located at the shed in the northeast corner of the track.
We will run on a rolling schedule.

- * Heats may be combined in all races based on number of entrants. All events are finals.
- ** 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 (no awards).

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

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

I-RUN Track Meet