

# I-RUN

## WARREN COUNTY TRACK CLUB

Date: Saturday, May 16, 2026

Entrance Fee: No Admission fee

Location: Indianola Middle School

403 South 15<sup>th</sup> Street Indianola, IA 50125

Gates Open: 8:00 AM

Field Events/3000: 9:00 AM

Running Events: 10:30 AM

Registration: \$20 per athlete (plus online processing fee)

Registration deadline: Entries due in Athletic.net by Thursday, May 14 11:59PM

Order of Events: girls followed by boys by age group

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

### Field Events (order)

Javelin: SA, A, B, C

Long Jump\*\*\*\*: SA, A, B, C

High Jump: A, B, C

Discus: B, C

Shot Put\*\*\*\*: SA, A, B, C

### Age/Gender Order

SA-GB, A-B, BC-B, BC-G, A-G

A-B, A-G, SA-B, B-B, SA-G, B-G, C-B, C-G

(2 pits – same age group/gender on both pits)

C-G, C-B, B-GB, A-GB

BC-B, BC-G

(follows discus) SA/A-G, SA/A-B, BC-G, BC-B

### Running Events

**9:00 AM** 3000 Meter Run \*\* B, C

#### 10:30 Rolling Schedule:

80 Meter Hurdles	B
100 Meter Hurdles	C
1500 Meter Run **	SA, A, B, C
400 Meter Dash	SA, A, B, C
100 Meter Dash****	SA, A, B, C
800 Meter Run **	SA, A, B, C
200 Meter Hurdles	C
200 Meter Run	SA, A, B, C
4 x 400 Meter Relay ***	SA, A, B, C

Age determined as of December 31, 2026

Age Group	# of Events
SA 2018 or later (8U)	3
A 2016-2017 (9/10)	3
B 2014-2015 (11/12)	3
C 2012-2013 (13/14)	4
D 2010-2011 (15/16)	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.

\*\*\* Relay does not count toward # of events and may not be timed (you can get your own splits if desired).

Relays can be made up of any age and gender however participants must be a registered athlete (no awards).

\*\*\*\* The 100m dash, shot put and long jump will have para-athlete events

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](mailto:nicoletenges@gmail.com)

I-RUN Track Meet