

Hi Coaches,

We're looking forward to hosting you at our upcoming meet. As part of the event, we will be offering both field events and a Sprint Challenge (100m, 200m, 400m).

To help the meet run efficiently within the available daylight—especially with limited lighting at our throws venues—athletes may participate in **either field events or running events, but not both.**

Sprint Challenge Format:

Athletes entered in the Sprint Challenge will compete in the 100m, 200m, and 400m. Performances across all three events will be combined to determine overall champions by age group and gender. Please note that awards will be based on these combined results, and ribbons will **not** be given for the individual races.

When submitting entries, please ensure:

- Athletes entered in field events are **not** entered in any running events
- Athletes entered in the Sprint Challenge are **not** entered in any field events
- Entries are reviewed carefully to avoid any double-registration
- Entries that do not follow these guidelines may be adjusted or removed prior to finalizing the meet

We appreciate your cooperation in helping us provide a smooth, well-run meet for all athletes.

Thank you

IRUN Team

I-RUN

WARREN COUNTY TRACK CLUB

Date: Wednesday, May 27, 2026

Entrance Fee: no charge

Location: Indianola Middle School

403 South 15th Street Indianola, IA 50125

Gates Open: 5:00 PM

All Events: 6:00 PM

Registration: \$10 per athlete (plus online processing fee)

Registration deadline: Entries due in Athletic.net by Monday, May 25 11:59PM

Order of Events: See below

Awards: Ribbons will be given to the top 6 places

This meet will feature both field events and a Sprint Challenge (100m, 200m, 400m). Due to limited daylight and no lighting at the throws venues, athletes may compete in either field events or running events, **but not both**. The Sprint Challenge will combine results from all three races to determine overall winners by age group and gender. Awards will be based on combined performance, with no individual event ribbons.

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

Age/Gender Order

B-GB, C.D.E- BG, SA-GB, A-GB
 SA-GB, A-GB, B-GB, C.D.E-GB
 C.D.E-GB, A.B-GB
 A-GB, SA-GB, B.C.D.E-G, B.C.D.E-B
 C.D.E-GB, B-GB

Running Events

6:00 PM 400m
 6:45 PM 100m
 7:15 PM 200m

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
E 2008-2009 (17/18)	4

No camps on the field

No Concessions will be available

NOTE: the Shot Put and Long Jump will have para events

IRUN will review entries to ensure athletes are either only entered in field events OR running events

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

I-RUN Field Event / Sprint Challenge