

# I-RUN

## WARREN COUNTY TRACK CLUB

Date: Sunday, May 14, 2023

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

Location: Indianola Middle School  
403 South 15<sup>th</sup> 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, May 12 11:59PM

Order of Events: girls followed by boys • Entries are limited to 400 athletes  
Results will be available on [aatiming.com](http://aatiming.com)

### Field Events

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

### 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  
80/100 Meter Hurdles B, C  
100 Meter Dash SA, A, B, C  
400 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 100 Meter Relay \*\*\* SA, A, B, C  
1500 Meter Run \*\* SA, A, B, C  
4 x 400 Meter Relay \*\*\* SA, A, B, C

Age Group	# of Events
SA 2014 or later (8U)	3
A 2012-2013 (9/10)	3
B 2010-2011 (11/12)	3
C 2008-2009 (13/14)	4

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

We will run on a rolling schedule.

Age determined as of December 31, 2023

\* 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](mailto:nicoletenges@gmail.com)

I-RUN Track Meet