TRACK AND FIELD

Cyclone Sports Complex, Iowa State University
Mortensen Parkway

Admission: All registered athletes receive free admission. Please bring cash or check.

Spectators: $5 for adults  $2 for youth (17 & Under)

Age Determining Date
USATF age determining date: Athletes age as of December 31, 2018. (i.e. if an athlete turns 9 on September 1, 2018 the athlete will run in the 9 – 10 year division because they turn 9 this calendar year).

Field Events: Warm-Ups will take place from 8:00 – 8:30 am. Competition will start promptly at 8:30 am.

Long Jump: The order will be youth at 8:30 followed by adults at 12:30. Jumpers will get three attempts.

   Pit 1 – 8U girls, 11-12 girls, 15-18 girls, 9-10 boys, 13-14 boys
   Pit 2 – 9 – 10 girls, 13 – 14 girls, 8U boys, 11-12 boys, 15-18 boys, Adults (at 12:30)

High Jump: The order will be youth at 8:30 with the adults to immediately follow. The bar will start at 3’0” and move up 2”. Jumpers will enter competition when they are ready to jump at their opening height. Jumpers will get three attempts.

Shot Put: The first group for the shot put will be females: youngest to oldest. Followed by the males: youngest to oldest. Throwers will get four attempts.

Discus: The first group for the discus will be the males: youngest to oldest. Followed by the females: youngest to oldest. Throwers will get four attempts.

Track Events will begin at 8:30 am

Events will begin with the youngest age division and progress through all divisions. Female divisions will compete first, followed by the male divisions. All races run as finals with the exception of the 100 M Dash. If needed heats (age/divisions) may be combined but medal separately. The only exception is with the 1500 M Run where the adults will run first.

   1500 M Run (adults run first)
   100/110 Hurdles (all races at 30” height regardless of age and gender)
   100 M Dash Prelims*
   400 M Dash
   50 M Dash
   100 M Dash Finals
   800 M Run
   200 M Dash
   4 x 100 Meter Relay – Exhibition. No medals given.

*Age groups with less than 8 competitors will run as a final during the prelim time schedule.

Updated 1/9/18
Seed Times
Seed Times are not required, however, if you know your seed time for an event please indicate that on the entry form or during online registration. Seed times will be taken into consideration when seeding the meet.

4 X 100 Relay
The 4 x 100 relay is for fun only and you may run with anyone regardless of age group/gender. No medals will be awarded.

Hurdles
All hurdles will be set at the 30” height regardless of age and gender. All athletes will run the 100 M distance except for Males 16-49, who will run the 110 M distance. 100 M Hurdlers will run first, regardless of age, followed by the 110 M Hurdles.

Athlete Check-in
Athletes will be required to check-in at the check in tent when their event is announced. Hip numbers will be issued at that time. Field competitors are to check-in at the field event prior to the start of that event.

T-shirt Pickup: ISU, Jack Trice Stadium, Lot S7. You don’t need to pick up your t-shirt prior to the track event.

Heat Sheets
Will be posted on July 20. Some heats may combine divisions and/or genders, but medals will still be awarded for each division and/or gender.

Results: Will be posted online Sunday, July 22.

Equipment: Athletes must provide their own equipment (i.e. discus, shot put) Track spikes allowed (Max 1/4”)
All equipment must conform to USATF rules and regulations.

Implement Weights:

<table>
<thead>
<tr>
<th>Female Divisions</th>
<th>Male Divisions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Implement</strong></td>
<td><strong>Age Group</strong></td>
</tr>
<tr>
<td>Discus</td>
<td>All age group divisions</td>
</tr>
<tr>
<td>Shot Put</td>
<td>12 &amp; Under</td>
</tr>
<tr>
<td>Shot Put</td>
<td>13 – 49</td>
</tr>
<tr>
<td>Shot Put</td>
<td>50 &amp; Over</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>13 – 14</td>
</tr>
<tr>
<td></td>
<td>15 – 18</td>
</tr>
<tr>
<td></td>
<td>19 – 49</td>
</tr>
<tr>
<td></td>
<td>50 – 59</td>
</tr>
<tr>
<td></td>
<td>60 – 69</td>
</tr>
<tr>
<td></td>
<td>70 &amp; Over</td>
</tr>
</tbody>
</table>

Updated 1/9/18