



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, 2019. (i.e. if an athlete turns 9 on September 1, 2019 the athlete will run in the 9 – 10 year division because they turn 9 this calendar year).

Field Events: Starts at 8:30 am and all warm-ups should be done before event begins. 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, 9-10 boys, 11-12 girls, 13-14 girls, 13-14 Boys, Adult Women

Pit 2 – 9-10 girls, 8U boys, 11-12 boys, 15-18 girls, 15-16 boys, Adult Men

All jumps must be completed by 2:20 PM

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 medaled 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.

12.5.2018

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: Indoors at Sukup South Endzone (south side of Jack Trice Stadium).

Heat Sheets

Will be posted on July 19. Some heats may combine divisions and/or genders, but medals will still be awarded for each division and/or gender.

Results: Will be posted as soon as possible following the conclusion of the meet.

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:

Female Divisions			Male Divisions		
Implement	Age Group	Weight	Implement	Age Group	Weight
Discus	All age group divisions	1 KG	Discus	14 & Under	1 KG
Shot Put	12 & Under	6 lbs	Discus	15 – 18	1.6 KG
Shot Put	13 – 49	4 KG	Discus	19 – 49	2 KG
Shot Put	50 & Over	3 KG	Discus	50 – 59	1.5 KG
			Discus	60 & Over	1 KG
			Shot Put	12 & Under	6 lbs
			Shot Put	13 – 14	4 KG
			Shot Put	15 – 18	12 lbs
			Shot Put	19 – 49	16 lbs
			Shot Put	50 – 59	6 KG
			Shot Put	60 – 69	5 KG
			Shot Put	70 & Over	4 KG