

2010 Summer Iowa Games Youth Track & Field

FINAL INSTRUCTIONS

- 1) Check-in for all running events will be by the "Ames Hi Aims High" sign. Field event athletes will check in at the field event area.
- 2) 100 meters - All GIRLS will run on the backstretch and all BOYS are on the Homestretch. Athletes will check in on the curve just south of the "Ames Hi Ames High" sign.
- 3) No parents are allowed in the check in area.
- 4) High Jump Athletes - The HJ will start at 8:30am for ALL competitors, male and female all ages. The bar will start at 2' 6", and keep raising by 2". When the bar is at a height you want to jump at, check in with the head official at the table near the high jump mat. Please be aware of the bar height, and get your jumps in as needed. We will not lower the bar if you miss your starting height. You will need to have your marks down prior to 8:30am. We will take a short break at 5' 0" for run throughs and marks for the older athletes.
- 5) Shot Put and Discus - Please throw in your assigned time slot, or we can fit you into an earlier group if needed. Age group awards will be handed out at the event site immediately following each age group session. 3 throws per competitor, no finals.
- 6) Long Jump - Boys on Pit #2, Girls on Pit #1. Try to jump in your assigned group, but we will fit you in with other groups prior to your group time if needed. Three jumps per competitor, no finals.
- 7) We will combine heats as needed if athletes fail to check in or scratch. There will be 3 heats of the 1500m, one Girls/Boys combined and two Boys only. See meet schedule for details.
- 8) All results will be posted behind the press box, and awards for the top 3 in each division can be picked up there as well. No awards can be picked up until the results are posted. No medals will be mailed; you must pick them up at the stadium.