



**THURSDAY MARCH 13**

Session I

9:00 AM Boys class 3A/4A

Session II

3:30 PM Boys class 1A/2A

**FRIDAY MARCH 14**

Session III

9:00 AM Girls class 1A/2A

Session IV

3:30 PM Girls class 3A/4A

Lied Recreation Center  
Iowa State University  
Ames, IA

**Meet Director**

Ben Duea

**Meet Management**

Tim Bell

Jim Duea

Steve Roth

**Entries Coordinator**

Eric Cogdill

**Meet Officials Coordinator**

Jim Nichols

**Awards & Hospitality**

Kirk Schmaltz

**Head Timer**

Josh Gerber, Wayzata

*Coaches: Any questions please email [infoiatcchamps@gmail.com](mailto:infoiatcchamps@gmail.com)*

# ENTRY PROCEDURES

## DEADLINE

All entries for the boys meet will be due on **Tuesday March 11, at 9 AM (no exceptions)**. The entries for the girls meet will be due on **Wednesday March 12, at 9 AM (no exceptions)**.

*\*\*This allows results from the UNI Dickinson Relays or other high school meets earlier in the week to be included with entries.*

## ACCEPTED ENTRIES

A list of accepted entries will be emailed no later than 10 PM on Tuesday March 11 for the boys, and Wednesday March 12 for the girls.

## PROCESS

All teams will enter through Varsity Bound. The meet is already added to the schedules for every team that attended the meet a year ago. If your team did not attend last year, please email us at [infoiatcchamps@gmail.com](mailto:infoiatcchamps@gmail.com) to get the meet added to your schedule. The meet is currently open for registrations.

Each team will be able to enter 3 entries per individual event and 1 relay team. Please reference page 3 to see how many total athletes and relay teams will qualify for the meet. Coaches can use their performances from the 2024 track & field season or 2024-2025 indoor performances (including club meets). All entry marks will be verified, coaches are not allowed to use times faster than the verified mark and cannot use handheld times, split times, or team time trials. Many 8th grade results are now available on varsitybound, coaches should aim to use those results for incoming freshmen. For athletes such as transfers or anyone who does not have a 2024 mark; there will be a jury of former coaches and officials that will review submitted rationales and will determine if an athlete will qualify for the meet. In this situation, you will email [infoiatcchamps@gmail.com](mailto:infoiatcchamps@gmail.com) with your rationale about an athlete.

*Examples:*

*athlete A finished 5th at the state cross country meet this fall as a freshman. She ran 18:45 for 5K. We would like her to run the 3000m.*

*athlete B finished second at the state track meet in 2024 in the 400m Hurdles, we do not have an open 400 time for him but we would like to enter him in that event.*

Coaches discretion should be used on relay entry times.

*EX: if team A ran 3:20.36 in the boys 4x400 last year but graduated three of those runners then the coach should put in the appropriate time that you might run this year.*

**60m dash - use 100m times**

**60m hurdles - use 100m / 110HH times**

**4x60m Shuttle Hurdle Relay - use outdoor shuttle hurdle times**

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## DISTANCE RACE TIME STANDARDS

In an effort to continue to provide the most competitive championship meet possible, we have decided to add time standards for the distance races. Only athletes that have met the time standard, or would have a reasonable rationale approved will be allowed to enter into the event. From there, we will take the top times up to the allotted number for that event. This decision was made to limit the number of runners being lapped and to stay on the time schedule.

***\*Reminder: there are no substitutions for accepted athletes.***

EVENT	1A	2A	3A	4A
3000m	12:35	12:10	12:00	11:40
1500m	5:55	5:45	5:35	5:20
3200m	11:10	11:00	10:50	10:40
1600m	5:20	5:15	5:05	4:55

## ENTRY FEES

\$25 per individual or per relay with a maximum of \$200 per gender. Credit card payment is preferred, and should be completed on Varsity Bound before the line-up is declared. The IATC will collect checks at the team registration table if that is a schools only option for payment. Varsity Bound will automatically refund any athlete(s) who do not qualify.

There are no other refunds of entry fees. By registering your team, you understand that you are contracting a service with the IATC Indoor Championships and will be responsible for your entry fee even if you do not attend the event.

## ENTRY LIMITATIONS

EVENT	1A	2A	3A	4A
Sprint Medley (G)	24	24	24	24
Distance Medley (B)	24	24	24	24
4x800	16	16	16	16
60m Hurdles	48	48	48	48
60m Dash	48	48	48	48
400m	24	24	24	24
1500m / 1600m	21	21	21	21
800m	24	24	24	24
200m	24	24	24	24
Shuttle Hurdle	12	12	12	12
4x100	24	24	24	24
3000m / 3200m	16	16	16	21
4x400	24	24	24	24
All Field Events	30	30	30	30

## SUBSTITUTIONS

Substitutions are not allowed in individual events as that circumvents the entry verification and seeding process. Instead, a wait list will be implemented to account for athletes who scratch. IATC meet management will notify schools if there is a scratch, and an athlete is selected up until the day of the meet. Please get scratches in as early as possible by emailing [infoiatcchamps@gmail.com](mailto:infoiatcchamps@gmail.com). There are no refunds on scratched athletes.

## SCORING

The meet will be scored to 8 places (10-8-6-5-4-3-2-1) in all events. It is important to note that this year teams will be able to score three individual athletes in open events. There will be a championship and runner up trophy awarded at the conclusion of the meet to the winning team and second place team in each class. In addition, there will be a most outstanding athlete awarded to one athlete in each class.

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## **AWARDS**

Medals will be awarded to the top 6 individuals and top 6 relay teams in each event. All medalists will be recognized on the podium at the conclusion of each event. Please remind your athletes that the awards recognition will take place immediately following the last heat of each event.

## **ADVANCEMENT PROCEDURE**

60m / 60mH: Top 8 times from prelims advance to finals. All other events will be contested as seeded sections against time. Heats will be seeded from slow to fast.

## **FIELD EVENT OPENING MARKS**

High Jump: Girls 4'5" Boys 5'5"

## **FIELD EVENT ADVANCEMENT PROCEDURE**

All flights will be seeded with top performers in the final flight. There will be 3 preliminary attempts in the long jump and shot put, and the top 9 performances will advance to the final.

*HJ: 1 flight 30 athletes \ \ LJ: 2 flights 15 athletes \ \ SP: 2 flights 15 athletes*

## **PREFERRED LANES**

60m / 60mH: 4-5-3-6-2-7-1-8

400m & relays: 6-7-8-5-4-3-2-1

Shuttle: 3-4, 5-6, 1-2, 7-8

## **MEET DAY**

### **COACHES CHECK-IN**

Upon arrival, each head coach should check in near the main entrance to receive your team packet. The packet will include wristbands for each registered athlete, your coaching staff, and up to two wristbands for managers. The wristbands will allow access in and out of the track area. Also, please ensure your athletes stay on the ground floor only of the Lied Rec Center; nobody associated with the event should go upstairs.

### **EVENT CHECK-IN**

Check-in for all running events will take place at the Southeast corner of the turf infield of the Lied Recreation Athletic Facility. Track athletes may check-in any time and report to their start line, or exchange zone areas. All field events will check-in at their respective site of competition during athlete warm-up.

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## **CONCESSIONS**

The IATC will provide a concession stand throughout the 2025 indoor championships. The menu will include, water, sports drink, soda, candy bars, granola bars and chips. Only water is allowed inside the track on the field turf. **No outside food or drink is permitted in the facility. No team coolers are allowed. Water bottles are okay. There are water bottle filling stations inside Iowa State's Lied Rec Center.**

## **CLOTHING SALES**

The IATC will be selling IATC Indoor Championships apparel (t-shirts & hooded sweatshirts) at the event. Cash and card sales will be accepted. The clothing stand will be open from noon – 6pm daily.

## **SPECTATOR ADMISSION**

Admission is \$10 for adults and \$5 for children. Spectators not yet of school age will be admitted free. Spectators are only allowed on the ground floor of Iowa State's Lied Rec Center.

## **LIVE STREAM / TV**

For the second year in a row the IATC Indoor Championships will be live streamed on CISN. Each session will have a separate live stream. Thanks to owner Pete Tarpey and his support of this track & field meet.



## **BUS DROP OFF / PARKING**

All school buses will be able to drop off in front of Lied Rec Center via Beach Road traveling north. After dropping off athletes the bus should continue to follow Beach Road around the curve, turn right on Wallace Rd, turn right on University Blvd, and return to Hilton Coliseum/Jack Trice Stadium parking lots (Iowa State Center) along Center Drive. Parking is available in lots B3, C3, C4, C5, D3, D4, D5. Drivers can take the CyRide shuttle bus from the transit hub near the C3/D3 parking lots to return to Lied Rec

## ESTIMATED TIME SCHEDULE

### Session 1: 3A/4A Boys

9:00	All field events
9:30	Distance Medley Relay
10:00	4x800
10:25	60m Hurdles (P)
10:50	60m Dash (P)
11:20	400m
11:40	1600m
12:00	60m Hurdle final
12:10	60m Dash final
12:20	800m
12:40	200m
1:00	Shuttle Hurdle Relay
1:20	4x100
1:40	3200m
2:05	4x400
2:40	Awards ceremony

### Session 3: 1A/2A Girls

9:00	All field events
9:30	Sprint Medley Relay
9:55	4x800
10:25	60m Hurdles (P)
10:50	60m Dash (P)
11:20	400m
11:40	1500m
12:00	60m Hurdle final
12:10	60m Dash final
12:20	800m
12:40	200m
1:00	Shuttle Hurdle Relay
1:20	4x100
1:40	3000m
2:05	4x400
2:40	Awards ceremony

### Session 2: 1A/2A Boys

3:30	All field events
4:00	Distance Medley Relay
4:30	4x800
4:55	60m Hurdles (P)
5:20	60m Dash (P)
5:50	400m
6:10	1600m
6:30	60m Hurdle final
6:40	60m Dash final
6:50	800m
7:10	200m
7:30	Shuttle Hurdle Relay
7:50	4x100
8:10	3200m
8:35	4x400
9:10	Awards ceremony

### Session 4: 3A/4A Girls

3:30	All field events
4:00	Sprint Medley Relay
4:25	4x800
4:55	60m Hurdles (P)
5:20	60m Dash (P)
5:50	400m
6:10	1500m
6:30	60m Hurdle final
6:40	60m Dash final
6:50	800m
7:10	200m
7:30	Shuttle Hurdle Relay
7:50	4x100
8:10	3000m
8:35	4x400
9:10	Awards ceremony

- Shoes will be checked at the clerk's area prior to competition.



**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4"**  
**Pyramid**



**NO**  
**Needle**  
**Spike**  
**Pins**

## IATC INDOOR CHAMPIONSHIP RECORDS (GIRLS)

EVENT	1A	2A	3A	4A
Sprint Medley	1:55.11 Madrid 2022	1:52.64 Kinglsey Pierson 2022	1:52.30 Williamsburg 2024	1:49.50 Ames 2022
4x800	10:27.29 Tri-Center 2024	10:09.69 Tipton 2024	9:41.57 Gilbert 2024	9:20.17 Pleasant Valley 2024
60m Hurdles	9.46 Maddux DeVault Nodaway Valley 2022	9.34 Morgan Karr PCM, Monroe 2024	9.26 Kelsey Pacha Fairfield	8.71 Mackenzie Carney Waukee NW
60m Dash	7.89 Ella Santi, Madrid 2022	7.88 Eden Moore Van Meter 2024	7.57 Jessica Kyne DM Hoover 2023	7.67 Holly Duax SC West 2022
400m	59.26 Alayna Gourley Danville 2024	57.96 Mitzi Evans 2022	56.60 Reese Brownlee Clear Lake 2024	57.53 Claire Ferrell Norwalk 2022
1500m	4:47.97 Lili Denton St. Albert 2024	4:45.96 Hillary Trainor Sumner Fredericksburg 2024	4:57.76 Liza Shaffer North Polk 2022	4:41.44 Addison Dorenkamp WDM Valley 2023
800m	2:19.44 Maddy Childs, Grandview Christian 2023	2:19.99 Mitzi Evans Mid Prairie 2022	2:12.05 Ainsley Erzen Carlisle 2022	2:18.67 Alli Macke Ankeny 2023
200m	25.98 Aleksys Gannon Murray 2024	26.73 Jodi Evans Mid Prairie 2024	25.65 Reese Brownlee Clear Lake 2024	25.44 Elliana Harris SC East 2024
Shuttle Hurdle Relay	40.05 Northwood Kensett 2024	40.58 East Marshall 2024	39.63 Clear Creek Amana 2022	37.28 Waukee NW 2022

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4x100	52.20 Lisbon 2024	51.72 Kingsley-Pierson 2022	49.97 ADM 2022	49.20 Waukee NW 2024
3000m	10:45.10 Maddy Childs Grandview Christian 2023	10:32.15 Hillary Trainor Sumner Fredericksburg 2024	10:15.31 Geneva Timmerman ADM 2022	9:55.57 Adrienne Buetner-Cable DM Roosevelt 2023
4x400	4:17.08 Riverside, Oakland 2024	4:15.80 Tipton 2024	4:12.06 Assumption 2022	4:00.45 Ames 2023
High Jump	5'3" Aubrey Shields Mt. Ayr 2024	5'7" Maddie Olson Sheldon	5'1" Soren Miracle Central Dewitt 2023	5'7" Josie Moreland Waukee 2023
Long Jump	16'10.75" Emma Cooper Southwest Valley 2024	17'3" Aubree Bell Kingsley Pierson 2022	18'00.50" Isabelle Noring Carlisle 2023	17'8" Holly Duax SC West 2022
Shot Put	40'4.50" Abby Veld AGWSR 2024	41'4" Lauren Travis Spirit Lake 2024	44'8" Jaden Brumbaugh Mt. Pleasant 2022	41'0" Kendra Winfrey Ankeny 2023

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## IATC INDOOR CHAMPIONSHIP RECORDS (BOYS)

EVENT	1A	2A	3A	4A
Distance Medley	3:40.45 Lisbon 2024	3:39.87 Ogden 2024	3:39.98 Humboldt 2024	3:34.64 Waukee 2024
4x800	8:34.91 Danville 2024	8:10.17 Mediapolis 2024	8:17.40 Pella 2023	7:56.91 Dowling Catholic 2024
60m Hurdles	8.05 Triston Miller Columbus, CJ 2023	7.92 Jack Latham Spirit Lake 2022	8.16 Grayson Hartman CR Xavier 2023	8.12 Ryan Bartels CR Kennedy 2024
60m Dash	6.96 Baylor Spiedel Lisbon 2023	7.05 Jaden Domino IA Falls-Alden 2024	6.85 Cade Sears Harlan 2024	6.83 Tyler Sickerson Ankeny 2024
400m	48.76 Ryce Reynolds Mt. Ayr 2024	49.90 Qai Hussey Spirit Lake 2022	48.49 Elijah Morris Washington 2023	48.66 Jackson Belding Ankeny 2024
1600m	4:20.22 Landon Bendgen Woodbine 2024	4:26.18 Collin Houg DM Christian 2023	4:17.24 Chase Lauman Pella 2023	4:16.50 Natneal Kifle SC North 2024
800m	1:58.74 Riley Witt St. Ansgar 2022	1:58.90 Logan Rosas Mediapolis 2024	1:58.70 Chase Lauman Pella 2022	1:54.34 Moustafa Tia IC West 2024
200m	22.42 Ryce Reynolds Mt. Ayr 2024	22.83 Qamerin Hussey Spirit Lake 2024	22.00 Angelo Jackson Assumption 2024	21.38 Tyler Sickerson Ankeny 2024
Shuttle Hurdle Relay	33.87 West Hancock	33.94 Spirit Lake	33.13 Spirit Lake	33.86 Iowa City West

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	2024	2022	2023	2024
4x100	43.36 Columbus, CJ 2023	43.38 Spirit Lake 2022	43.20 Harlan 2024	43.31 CR Kennedy 2024
3200m	9:38.84 Aidan Shannon Wapsie Valley 2024	9:21.46 Aaron Fynaardt DM Christian 2023	9:23.19 Canaan Dunham Pella 2024	9:21.90 Natneal Kifle SC North 2023
4x400	3:30.90 Mt. Ayr 2024	3:32.21 Mediapolis 2023	3:28.86 Solon 2024	3:21.41 Mason City 2023
High Jump	6'6" Kade Benja North Cedar 2023	6'8.50" Tyson Seeser Camanche 2024	6'6" Jack Noble North Polk 2022	6'7.25" Matt Schaeckenbach City High 2023
Long Jump	22'4.50" Kole Becker Lisbon 2022	21-07'.75" Yusef Gulley Pleasantville 2023	21'05.75 Archer Ogbourne Carlisle 2022	23'00.25 Anthony Glay DCG 2022
Shot Put	53'09.25" Ethan Thimmes North Cedar 2024	59'04.75 Austin Busch South Hamilton 2022	55'01.75" Hansen King Pella 2024	57'08.25" Nathan Rotherham Dowling Catholic 2024

## TRACK MARKINGS 300m

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# IATC INDOOR CHAMPIONSHIPS

Updated 2024

**4 x 100m Relay** (4 x 1/3 laps)  
 Start East Curve Yellow Line Lanes all the way  
 1 to 2 Finish Area Yellow ▲  
 2 to 3 Backstretch Yellow ▲  
 3 to 4 East Curve Yellow ▲

**4 x 400m Relay** (4 x 1 1/3 Laps)  
 Start East Curve White Line 1 turn stagger Cut at back stretch  
 1 to 2 Finish Area Blue ▲  
 2 to 3 Backstretch Blue ▲  
 3 to 4 East Curve Blue ▲

**4 x 800m Relay** (4 x 2 2/3 Laps)  
 Start Backstretch White Line Waterfall  
 1 to 2 Finish Area Blue ▲  
 2 to 3 East Curve Blue ▲  
 3 to 4 Backstretch Blue ▲

**Sprint Medley Relay (100-100-200-400)**  
 Start Backstretch Blue Line 1 turn stagger  
 1 to 2 East Curve Yellow ▲  
 2 to 3 Finish Area Blue ▲ Cut Immediately  
 3 to 4 East Curve Blue ▲

**Distance Medley Relay (200-200-400-800)**  
 Start East Curve Yellow Line 2 turn stagger  
 1 to 2 Backstretch Yellow ▲  
 2 to 3 Finish Area Blue ▲ Cut Immediately  
 3 to 4 Backstretch Blue ▲

## Start Lines

3000 white - w/f	finish area	or double w/f
800 white - w/f	back stretch	or double w/f
1500 white - w/f	finish area	or double w/f
3200 white - w/f	back stretch	or double w/f
400 white	east curve	cut at back stretch
200 blue	back stretch	lanes
1600 white - w/f	east curve	or double w/f
60 Hurdles		

**Boys - Blue marks**

**Girls - yellow marks**