



THURSDAY MARCH 12

Session I

9:00 AM Co-ed class 3A

Session II

4:30 PM Co-ed class 4A

FRIDAY MARCH 13

Session III

9:00 AM Co-ed class 1A

Session IV

4:30 PM Co-ed class 2A

Lied Recreation Center
Iowa State University
Ames, IA

Meet Director

Ben Duea

Meet Management

Tim Bell
Jim Duea

Entries Coordinator

Eric Cogdill

Meet Officials Coordinator

Jim Nichols

Awards

Kirk Schmaltz
Steve Roth

Head Timer

Josh Gerber, Wayzata

Games Committee

Eric Cogdill
Ben Duea
Steve Roth

Hospitality

Mike Moore
Tim O'Neill

Merchandise

Matt Stone, ST1 Sports

Coaches: Any questions please email infoiatcchamps@gmail.com

ENTRY PROCEDURES

DEADLINE

Class 3A/4A co-ed meet will be due on **Tuesday March 10, at 9 AM (no exceptions).**

Class 1A/2A co-ed meet will be due on **Wednesday March 11, 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 10 for the class 3A/4A co-ed meet, and Wednesday March 11 for the class 1A/2A co-ed meet.

ENTRY PROCESS

New this year, all teams will enter through Athletic.net. The meet is already added to the schedules for every team in the state of Iowa. If you do not have an account on athletic.net, please email josh@wayzataresults.com.

For additional help with entries, visit www.wayzataresults.com/onlinentryhelp

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 2025 track & field season or 2025-2026 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 2025 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 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	12:15	12:00	11:45	11:30
1500m	5:45	5:35	5:25	5:15
3200m	11:00	10:50	10:35	10:15
1600m	5:15	5:10	5:00	4:50

ENTRY FEES

\$25 per registered athlete with a maximum of \$250 per gender. Credit card payment is the only method for payment, and should be completed on Athletic.net before the line-up is finalized. The credit card will not be billed until all of the heat and lane assignments are finalized, this allows for each school to be charged for only the athletes and relay teams that qualify for the meet. 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)	16	16	16	16
Distance Medley (B)	16	16	16	16
4x800	16	16	16	16
60m Hurdles	40	40	40	40
60m Dash	40	40	40	40
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

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4x100	24 (28 next yr)			
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. 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 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.

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

**Please note that the field events will start promptly at the designated start time on the time schedule.*

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

MANDATORY COACHES VIDEO

Due to the growth of the competition and requirements from the university, all coaches will be required to view a brief informational video prior to the day of competition. This video will cover important details regarding bus and van drop-off, parking, pre-order ticketing, and merchandise information. It will also review entry procedures and additional meet-related information. Coaches will receive an email with a link to the video 14 days prior to the competition.

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.

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. Water bottles are okay for team coolers. There are water bottle filling stations inside Iowa State's Lied Rec Center.**

CLOTHING SALES

ST1 sports will be the official merchandiser for the 2026 IATC Indoor Championships. Online pre-ordering and on site purchases will be available. ST1 sports will provide an extensive catalog of championship apparel for athletes and spectators to purchase.

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. Pre-order ticketing is strongly encouraged. There will also be no cash purchases at the gate.

LIVE STREAM / TV

For the third year in a row the IATC Indoor Championships will be live streamed. Each session will have a separate live stream.

ESTIMATED TIME SCHEDULE

SESSION 1: CLASS 3A CO-ED

Field Events

9:00 High Jump (G), Long Jump (B), Shot Put (B)
11:30 High Jump (B), Long Jump (G), Shot Put (G)

Running Events

9:30 Sprint Medley/Distance Medley Relay
9:50 4x800
10:15 60m Hurdles (P)
10:40 60m Dash (P)
11:00 400m
11:20 1500m/1600m
11:35 60m Hurdle final
11:45 60m Dash final
11:50 800m
12:10 200m

** Possible wheelchair heat*

12:25 Shuttle Hurdle Relay

12:50 4x100

1:10 3000m/3200m

1:35 4x400

2:20 Awards ceremony

**facility cleared 2:30-3:00 PM*

SESSION 2: CLASS 4A CO-ED

Field Events

4:15 High Jump (G), Long Jump (B), Shot Put (B)
7:00 High Jump (B), Long Jump (G), Shot Put (G)

Running Events

4:45 Sprint Medley/Distance Medley Relay
5:05 4x800
5:30 60m Hurdles (P)
5:55 60m Dash (P)
6:15 400m
6:35 1500m/1600m
6:50 60m Hurdle final
7:00 60m Dash final
7:05 800m
7:25 200m

**Possible wheelchair heat*

7:40 Shuttle Hurdle Relay

8:05 4x100

8:25 3000m/3200m

8:50 4x400

9:35 Awards ceremony

SESSION 3: CLASS 1A CO-ED

Field Events

9:00 High Jump (G), Long Jump (B), Shot Put (B)
11:30 High Jump (B), Long Jump (G), Shot Put (G)

Running Events

9:30 Sprint Medley/Distance Medley Relay
9:50 4x800
10:15 60m Hurdles (P)
10:40 60m Dash (P)
11:00 400m
11:20 1500m/1600m
11:35 60m Hurdle final
11:45 60m Dash final
11:50 800m
12:10 200m

** Possible wheelchair heat*

12:25 Shuttle Hurdle Relay

12:50 4x100

1:10 3000m/3200m

1:35 4x400

2:20 Awards ceremony

**facility cleared 2:30-3:00 PM*

SESSION 4: CLASS 2A CO-ED

Field Events

4:15 High Jump (G), Long Jump (B), Shot Put (B)
7:00 High Jump (B), Long Jump (G), Shot Put (G)

Running Events

4:45 Sprint Medley/Distance Medley Relay
5:05 4x800
5:30 60m Hurdles (P)
5:55 60m Dash (P)
6:15 400m
6:35 1500m/1600m
6:50 60m Hurdle final
7:00 60m Dash final
7:05 800m
7:25 200m

**Possible wheelchair heat*

7:40 Shuttle Hurdle Relay

8:05 4x100

8:25 3000m/3200m

8:50 4x400

9:35 Awards ceremony



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	1:47.92 Pella Christian 2025	1:52.30 Williamsburg 2024	1:49.50 Ames 2022
4x800	10:27.29 Tri-Center 2024	10:09.69 Tipton 2024	9:40.20 Gilbert 2025	9:20.17 Pleasant Valley 2024
60m Hurdles	9.46 Maddux DeVault Nodaway Valley 2022	9.29 Leah Bolluyt Spirit Lake 2025	9.12 Elise Coghlan ADM, Adel 2025	8.53 Emma Havighurst WDM Valley
60m Dash	7.89 Ella Santi Madrid 2022	7.77 Jeorgia Evans Mid-Prairie 2025	7.57 Jessica Kyne DM Hoover 2023	7.67 Holly Duax SC West 2022
400m	58.52 Alayna Gourley Danville 2025	57.96 Mitzi Evans Mid-Prairie 2022	56.60 Reese Brownlee Clear Lake 2024	57.53 Claire Ferrell Norwalk 2022
1500m	4:42.16 Lili Denton St. Albert 2025	4:45.96 Hillary Trainor Sum-Fredericksburg 2024	4:50.63 Izzy Hardin Maquoketa 2025	4:41.08 Makenna Madetzke Ankeny 2025
800m	2:19.44 Maddy Childs, Grandview Christian 2023	2:17.77 Noelle Steines Tipton 2025	2:12.05 Ainsley Erzen Carlisle 2022	2:14.03 Grace Boleyn PV 2025
200m	25.98 Aleksys Gannon Murray 2024	25.51 Meredith Van Wyk Pella Christian 2025	24.67 Kelly Grobstich Assumption 2025	25.28 Grace Erick SC East 2025
Shuttle Hurdle Relay	39.48 Fremont-Mills 2025	40.06 Roland-Story 2025	39.63 Clear Creek Amana 2022	36.77 WDM Valley 2025

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4x100	51.46 Lake Mills 2025	50.54 Pella Christian 2025	49.97 ADM 2022	49.20 Waukee NW 2024
3000m	10:06.48 Lili Denton St. Albert 2025	10:13.56 Alyssa Richman Manson NW Webster 2025	10:12.87 Lindsey Sonderman Harlan 2025	9:55.57 Adrienne Buetner-Cable DM Roosevelt 2023
4x400	4:11.05 St. Albert 2025	4:05.97 Pella Christian 2025	4:06.56 Pella 2025	3:59.49 PV 2-25
High Jump	5'5" Aubree Shields Mount Ayr 2025	5'7" Maddie Olson Sheldon	5'5" Reese Wagner North Polk 2025	5'7" Josie Moreland Waukee 2023
Long Jump	16'10.75" Emma Cooper Southwest Valley 2024	17'10" Jeorgia Evans Mid-Prairie 2025	18'7" Aiden Gosselink Grinnell 2025	17'8" Holly Duax SC West 2022
Shot Put	40'4.50" Abby Veld AGWSR 2024	42'0" Lauren Travis Spirit Lake 2025	44'10.75" Brylie Lorence Fort Madison 2025	44'5.50" Kylee Hill Burlington 2025

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IATC INDOOR CHAMPIONSHIP RECORDS (BOYS)

EVENT	1A	2A	3A	4A
Distance Medley	3:40.45 Lisbon 2024	3:37.47 Okoboji 2025	3:39.16 Algona 2025	3:34.64 Waukee 2024
4x800	8:29.75 Riverside, Oakland 2025	8:10.17 Mediapolis 2024	8:17.40 Pella 2023	7:56.83 Waukee NW 2025
60m Hurdles	8.05 Triston Miller Columbus, CJ 2023	7.92 Jack Latham Spirit Lake 2022	8.05 Tay Seals Clear Creek-Amana 2025	8.06 Ryan Bartels CR Kennedy 2025
60m Dash	6.96 Baylor Spiedel Lisbon 2023	7.00 Aidan Skoda Crestwood 2025	6.84 Tay Seals Clear Creek-Amana 2025	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	4:09.16 Caleb Ten Pas DM Christian 2025	4:12.75 Ethan Zuber Ankeny 2025
800m	1:57.82 Henry Peterson Dunkerton 2025	1:58.84 Nathan Ahern Crestwood 2025	1:56.59 Caleb Ten Pas DM Christian 2025	1:54.34 Moustafa Tia IC West 2024
200m	22.42 Ryce Reynolds Mt. Ayr 2024	22.73 Cauy Konz Treyvor 2025	22.00 Angelo Jackson Assumption 2024	21.38 Tyler Sickerson Ankeny 2024
Shuttle Hurdle Relay	33.87 West Hancock 2024	33.50 Treyvor 2025	33.13 Spirit Lake 2023	32.62 Waukee NW 2025

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4x100	43.36 Columbus, CJ 2023	43.38 Lawton-Bronson 2025	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	9:13.32 Canaan Dunham Pella 2025	9:04.90 Jaden Merrick Cedar Falls 2025
4x400	3:30.90 Mt. Ayr 2024	3:29.33 Okoboji 2025	3:28.25 Waverly-Shell Rock 2025	3:21.41 Mason City 2023
High Jump	6'7" Trevon Keely Paton-Churdan 2025	6'8.50" Tyson Seeser Camanche 2024	6'6" Jack Noble North Polk 2022	6'7.25" Matt Schaekenbach 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

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TRACK MARKINGS 300m

Updated 2024

IATC INDOOR CHAMPIONSHIPS

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

Boys - Blue marks

Girls - yellow marks

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