



Live Healthy Iowa Kids Track Championships State Meet Information SATURDAY, JUNE 22, 2019

LOCATION

Marshalltown High School Track, 1602 S. 2nd Ave., Marshalltown. Gates open at 8:00 a.m.

TIMES ARE APPROXIMATE – Refer to order of events page. Events are run continuously.

8:45 am	Field Events begin
9:30 am	1 st Session Running Events begin
11:30 am	Parade of Athletes and Opening Ceremony
12:00 pm	2 nd Session Running Events begin immediately following the Parade of Athletes and Opening Ceremony

ATHLETE CHECK-IN

Athletes must check-in at the athlete check-in located under the south bleachers upon arrival. Athletes will be issued his/her t-shirt, certificate and any other necessary information. After 10:30 a.m., athletes should check-in at the information tent.

CALL FOR EVENTS

The public address announcer will be making announcements throughout the track meet to assist you. These announcements provide information about what event is coming up, where participants should report, etc. *Athletes must enter the track competition area through the northwest gate.* Only athletes are allowed on the track, the infield area and the softball throw area. Listen for calls for your events and report immediately!

DETERMINATION OF FINALISTS

If you are participating in a preliminary event, determination of the finalists will be made after all the heats for that event have been run. *When finalists have been determined, it will be announced and posted on the north wall of the concession stand near the information tent.* Finals will be run in the afternoon.

RULES WORTH NOTING – Athletes must compete in “YEAR BORN” age group. No one can “run up” in a division.

- **Shoes** with spikes or designed for spikes are not allowed.
- Participants may not wear sunglasses (unless prescription) or jewelry that dangles. Stud earrings or necklaces that are taped down are okay.
- Athletes may have participated in **only one local LHIK Track meet**. If it is discovered that an athlete ran in more than one local meet, he/she will be disqualified.
- **Proper track attire** must be worn. The proper attire: a full-length track jersey or t-shirt, shorts, sweats, long pants, leotards or tights (that are not objectionable) and gym/running shoes. Bare midriff tops are not acceptable. The shirt must hang below or be tucked into the waistband of the shorts or pants when the competitor is standing erect.

DO NOT WEAR YOUR LHIK T-SHIRT WHILE COMPETING. Wear it for the Parade of Athletes.

AWARDS

As soon as the results are verified, awards will be given at the awards tent and announced. A podium for photo opportunities for all award winners is available for use next to the information tent.

TRACK MEET PROTOCOL

It is very helpful at a track meet when athletes and spectators adhere to these guidelines.

- Only athletes are allowed on the track, the infield area and the softball throw area.
- *No warm-ups or other activities are allowed on the track or football field (inside fenced area)*
- Athletes must enter the track through the northwest gate (look for the flags) to report to an event – **there is only one entrance!**

PARADE OF ATHLETES

At 11:30 am (announcements will be made), athletes should report to the northwest part of the track. A representative will have a sign with the city's name on it to aid in organizing the parade of athletes. Cities will line up in alphabetical order. **Please wear your Live Healthy Iowa Kids Track Championship t-shirt for this ceremony only** - do not wear for competition.

CHAPERONES

Your Local Meet Director may designate someone to be a representative for the athletes from your community. The representative should be available to help organize athletes for the parade of athletes and help answer questions throughout the day.

AGE VERIFICATION

Your age group is determined by what your age will be ON December 31, 2019. Prior to the State Meet, it is your responsibility to verify your age with your Local Meet Director

NO COOLERS WILL BE ALLOWED IN THE FACILITY. A full concession is available on site.

Athletes may carry in a water jug/thermos type of container. Water is available to athletes in the competition areas.

GATE ADMISSION

A \$3.00 admission will be charged for everyone ages 15 and older.

MARSHALLTOWN LODGING & RESTAURANTS & ACTIVITIES

Go to www.marshalltown.org for more information about lodging and restaurants. There is a campground in Marshalltown in Riverview Park, on Highway 14 (no reservations taken). The Marshalltown Family Aquatic Center features 3 slides and a lazy river; open 12:30-6:00 p.m. Kids showing their 2019 LHIK Track Championship will get free admission on June 22.

DIRECTIONS TO THE TRACK

Highway 14 runs north and south through Marshalltown. Follow Highway 14 from either direction through Marshalltown. At the intersection with Olive Street (near K-Mart and Hy-Vee Drugstore) go east two blocks.

LIVE HEALTHY IOWA KIDS TRACK WEBSITE PAGE -- www.marshalltownparkandrec.com

There will be tentative heat assignments for the meet posted as of 5:00 p.m., Thursday, June 20, on the above website or at www.livehealthyiowatrack.org. *Final heat assignments will be posted at the meet.*

STAFF

LHIK Track State Coordinator	Jenni Hart, Marshalltown Parks & Recreation
Championship Meet Director	Doug Bacon, Marshalltown High School

ADDITIONAL QUESTIONS

Contact Marshalltown Parks and Recreation, 641-754-5715, or email preoffice@marshalltown-ia.gov