



The Live Healthy Iowa Kids Track Championships (LHIKTC) is funded by the Iowa Sports Foundation and partnered with the Iowa Parks and Recreation Association and the Marshalltown Parks and Recreation Department.

For event registration and administration information, including resource tools, rules, and more, visit www.livehealthyiowakidstrack.org.

Steps to Hosting a Qualified Local Live Healthy Iowa Kids Track Meet:

Logistics

Secure a location, date, rain date and time for the track meet. All you need is a place to complete the events. A track isn't necessary!

Access the LHIKTC Local Meet Manager Website

The LHIKTC website (www.livehealthyiowakidstrack.org) has a section specifically for local meet organizers. Register your local meet through the website. Your event will need to be approved by Iowa Sports Foundation staff. Once approved, all events are listed on the website for the public to view. After your event, you will be able to enter results for the qualifiers of the LHIKTC. You will also submit a participation report as part of this process.

Gather equipment

The most important equipment you will need are softballs (at least 2 12"), measuring tapes (2), and stopwatches (8). The first 8 new communities will receive a Starter Kit with these items.

Recruit volunteers

The number of volunteers needed will depend on the size of your meet. Some volunteers can perform multiple duties. Places to recruit volunteers include recreation department staff members, PTO/PTA members, service clubs (Lions, Kiwanis, etc.), parents, or members of a high school track team.

Helpful Tips

- Make it fun for everyone, including you!
- Secure volunteers early. Don't wait until the last minute.
- Each participant must register online or by completing a Local Entry Form. Local Entry Forms can be found on the website. Each participant must complete the form and have a parent/guardian sign the waiver. If you want to do online registration for your meet, contact danb@iowasportsfoundation.org.
- Consider sponsorships. Ribbons will be provided to you for participants, but for any other expenses you may incur, finding sponsors for your meet can offset these costs.

Questions? Contact the Live Healthy Iowa Kids Track Championships Team

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