

Re: Ankeny Meet & Grand Blue Mile Registration

Date: 03/24/2018

Ankeny Live Healthy Iowa Kids Track and Field Meet

The Live Healthy Iowa Kids Track and Field Meet in Ankeny is Friday, May 4. Ankeny Parks and Recreation hosts the Live Healthy Iowa Kids Meet at Southview Middle School Track starting at 5:30 PM. All athletes ages 9-14 as of December 31, 2018 are eligible to participate. Registration is free. However, online pre-registration is required. Please note that the meet is a LHIKTC event and is not USATF sanctioned. We recommend registering early as the meet is limited to the first 100 participants in each age group (for both boys and girls).

Participants must register and compete based on their age as of December 31, 2018. In some cases this will not be their current age. Athletes born in 2008 or 2009 should register in the 9-10 division, athletes born in 2006 or 2007 should register in the 11-12 division, and athletes born in 2004 or 2005 should register in the 13-14 age division. Please contact us if you need clarification on age divisions.

You will need to click [here](#) and create an online account with Ankeny Parks and Recreation to register for the meet. Once you have created an account, click [here](#) for the Ankeny Parks and Recreation activities page. Type "TRACK" in the search criteria located on the left of the page. Select "2018 Live Healthy Iowa Kids Track & Field Meet" from the search results. The search results include registration options based on gender and age as described above. Again, you should register based on the age that your athlete will be as of December 31, 2018. Please remember to "check out" after adding the track meet event to your cart. You may be prompted to complete a payment screen, but should only be prompted to enter your name/address and not any actual credit care information. You should get a "receipt" and an email confirmation at the end of a successful registration. If you do not receive a confirmation, then you are not properly registered.

The rules and guidelines for LHIKTC differ from the other USATF track meets that we will be attending this spring. A summary of the LHIKTC rules and guidelines are posted on our [web site](#). Note that Rule #14 prohibits coaches/parents from accompanying participants to the starting area or being stationed at points along the track to aid/coach participants. Other rules prohibit the use of starting blocks, the wearing of spikes, etc. Again, these rules differ from USATF rules that will apply at our remaining meets.

Individual running events at LHIKTC meets include the 50, 100, 200, 400, 800 and 1600. Individual field events at LHIKTC meets include the softball throw and standing long jump. Note that Rule #6 allows each athlete to compete in three individual events to include two running events and one field event - or - one field event and two running events. There is also an option for teams to compete in the 4x100.

Please reply to this email if you choose to register your athlete for the meet. Please include the events in which they plan to compete. We would like to compile a "meet sheet" listing participants and events for our own use in advance of the meet. Also note in your reply if your athlete would like to compete in the 4x100 relay. We will compile teams based on interest (not performance). The numbers may not work out evenly to allow each athlete who is interested to participate in a relay. However, we will work to ensure interested athletes that are not able to participate in a relay at this meet have an opportunity to compete in a relay at the following meet. Please do not request to be part of a relay if you have conflicts that may prevent you from being at the meet at the time the relay is run. We will discuss relay participation further at our upcoming parent meeting.

We know this is a lot of information and emails related to meet registration can be confusing. If you have questions, please let us know BUT first read through the emails, in their entirety, to see if your questions can be answered.

Drake Relays: Grand Blue Mile

Reminder to register online if you plan to attend the Grand Blue Mile on Tuesday, April 24. You can find more info and register at www.grandbluemile.com. The Grand Blue Mile is an excellent introduction to road racing for runners of all ages and levels. Parents are responsible for registration, packet pick-up and athlete supervision during the event. In recent years, a dozen or so DCG Track Club athletes ran the Grand Blue Mile and really enjoyed it. We will provide instruction for those who plan to run as the race gets closer; we will have a coordinated spot to meet, team photo, etc. prior to the run.

New: Announcements and Updates

We will post all emails and news-related items on our Web site (organized by subject and date). <http://www.dcgtrackclub.com/documents.cfm>

Save the Date

The DCG Early Bird Track Meet will take place on Friday, April 20, 2018. We will share more details soon.

Thanks,

DCG Track Club Coaches