

Re: Ankeny Meet Reminders

Date: 04/30/2018

Parents,

Reminder of Friday's meet in Ankeny starting at 5:30 pm. The meet is a Live Healthy Iowa Kids Track Championships (LHIKTC) Meet hosted by Ankeny Parks & Rec at Southview Middle School Track. Free online pre-registration is required and openings are limited to the first 100 registrants within each age division. Specific registration instructions were sent in an earlier email.

We have attached a list of athletes that have expressed interest in participating in a relay. **You have until 5 PM Tuesday to reply with relay interest.** We will communicate lineups tomorrow evening. Reminder that you should not request to be in a relay if there is a potential conflict that may prevent you from being at the meet on Friday.

While you need to pre-register for the meet, you do not need to declare specific individual events as part of registration. You need only listen for the event call and report at the time of the event.

Please note that the meet is a LHIKTC event and is not USATF sanctioned. The rules and guidelines for LHIKTC differ from the remaining track meets that we will be attending this spring. An overview of LHIKTC specific rules is attached. Note that Rule #12 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.

Individual running events at LHIKTC meets include the 50m, 100m, 200m, 400m, 800m and 1600m. Individual field events include the standing long jump and softball throw. Athletes may participate in three individual events. This may include two running events and one field event - or - one running event and two field events. Athletes cannot participate in three individual running events. The relay does not count as an individual running event and may be used as a fourth event. Not every event is available for every age division. Detail in regard to applicable events for each age division can be found in the LHIKTC section near the bottom of the [meet page](#) of our website.

The order of running events at last year's meet was 4x100m, 50m, 800m, 100m, 200m, 400m, 1600m. They ran athletes oldest to youngest age division within each event. Field events were held concurrent to the running events. We have contacted the race director to confirm this sequence of events again this year and will let you know if we hear back in regard to any changes.

Looking forward to seeing everybody back on the track!

Thanks,

DCG Track Club Coaches