



Ames High Track & Field Jim Duea Relays

Hosted By: Ames High School | Tuesday, April 14th, 2026

Participating Teams: Ames, Ankeny, Ankeny Centennial, Des Moines Roosevelt, Dowling Catholic, Gilbert, Johnston, Mason City, Newton, Pleasant Valley, Sioux Center, SE Polk, Urbandale, Valley, Waukee, and Waukee NW

Date: April 14th, 2026

Location: Ames High School Stadium | 1801 Ridgewood Ave., Ames, IA 50010

Parking/Drop Off: Buses can drop off at the main Football Entrance. **Once buses have dropped off, please park in the back lot off of 20th street.**

Admission:

- \$7 when purchased with a card or via Bound.
- \$8 when paying with cash.
- Bound tickets can be purchased [HERE](#).

Entry Fee - \$125. **Invoice attached.*

Online Registration: Please register your entries through your Bound team account by **Monday, 4/14 at 6pm**. If you have questions, please contact Tom Lynch at 515-991-9136.

Schedule

Field Events: Start Time - 4:15 PM

- Long Jump - Varsity first, followed by JV.
- High Jump - Will combine JV/Varsity.
- Shot Put - Varsity first, followed by JV.
- Discus - JV first, followed by Varsity.

Running Events: Start Time - 4:45 PM

Will follow the IHSAA Order of Events in the manual [HERE](#).

Facilities: We have an 8 lane all-weather track. 3/16" pyramid spikes or smaller should be used. NO NEEDLE SPIKES. The shot and discus are concrete surfaces while the long jump and high jump are all weather surfaces.

Shot put and discus are located on the northwest corner of the complex, near our practice fields.

Team Camps:

- Teams are asked to camp on or near the visitor bleachers. No camps on the infield.
- Please remind athletes that the infield is for competing athletes and coaches only.
- If athletes are not warming up for competition, they should be at team camp. Please help us to enforce this.

Jim Duea Relays Meet Details

1. Field:
 - a. JV - 3 attempts/throws allowed; **Varsity 4 attempts/throws**
 - i. 2 Varsity entries
 - ii. Implements will be weighed.
 - b. 2 Varsity Entries/3 JV Entries for long jump.
 - c. 2 Varsity Entries/3 JV Entries for high jump.
 - i. JV HJ Starting Height: 4'2. Varsity HJ Starting Height: 4'6 All jumpers will jump together.
2. Track
 - a. Varsity: 2 individual/1 relay
 - b. **JV Entries will be limited to 2 individual/1 relay with following exceptions: No sprint medley, no distance medley, no 400, no 400h and 2 entries for 4x100s.**
3. As host, Ames will fill empty lanes with Ames athletes.
4. We will recognize Coach Jim Duea, Sr. after the 100m dash.

5. **Senior Night:** We will recognize our seniors on the track after the conclusion of the Varsity 200m dash.

General Information

1. Heat and lane assignments will be determined by seeding.
2. **Upon your arrival, please check-in at our pressbox and supply our timer with any changes.**
3. **Coaches meeting at the start/finish line at 4:00 pm**
4. Scoring - Individual/Relays (10-8-6-5-4-3-2-1)
5. Contestants are asked to report to the east side of the track at the end of the home stretch to get their hip #'s.
6. Starting blocks will be provided by the host school. Please do not remove individual blocks from their area.
7. No obligation will be assumed by the host school for valuables.
8. Please pick up your team awards packet at the conclusion of the meet in the pressbox.
9. **Awards:** Medals will be awarded to the top five place winners in all Varsity individual events. Medals will be awarded to the top three place winners in all Varsity relay events. Only 2 from each team will contribute to team scoring as well as medal.
10. Meal tickets will be provided for all coaches
11. A certified athletic trainer will be on duty throughout the meet. They are located on the turn near the finish line.

Contacts:

Lyle Fedders - Activities Director | lyle.fedders@ames.k12.ia.us | 515-817-0611

Erica Douglas - Head Track & Field Coach | erica.douglas@ames.k12.ia.us | 515-450-0528

Good luck and we look forward to hosting you!

- Ames High Activities Department



AMES HIGH - A CHAMPIONSHIP TRADITION





AMES HIGH ATHLETICS

INVOICE

To: Ankeny, Ankeny Centennial, Des Moines Roosevelt, Dowling Catholic, Gilbert, Johnston, Mason City, Newton, Pleasant Valley, Sioux Center, SE Polk, Urbandale, Valley, Waukee, and Waukee NW

DATE: April 14th, 2026
EVENT: Ames High Track & Field Jim Duea Relay
AMOUNT: \$125 per team

PLEASE REMIT PAYMENT FOR THIS INVOICE TO:

Ames High School
c/o Athletics
1801 Ridgewood Ave
Ames, IA 50010

AMES HIGH SCHOOL

1801 Ridgewood Ave
Ames, IA 50010
Main Office Phone | 515-817-0600
Athletics Phone | 515-817-0611
Athletics Fax | 515-817-0617

