

2010 IOWA GAMES TRACK AND FIELD MEET

ESTIMATED SCHEDULE OF EVENTS

Time schedule is tentative.

RUNNING EVENTS

8:30am	1500m Run Heat #1 (All Girls age groups + Boys under 8yrs old)
8:40am	1500m Run Heat #2 (All remaining Boys age groups)
8:55am	100m Dash Prelims – All Boys on Home stretch side, Girls on Backstretch side of track.
9:20am	80m Hurdles (4 heats)
9:25am	100m Hurdles (1 heat with all 15+ age girls)
9:30am	110m Hurdles (1 heat with all 15+ age boys)
9:40am	400m Dash Girls (10 Heats)
9:55am	400m Dash Boys (13 Heats)
10:20am	100m Dash Finals – Girls and Boys (13 Heats)
10:35am	800m Run Girls (Heat 1= 10-Under, Heat 2= 11+)
10:50am	800m Run Boys (Heat 1= 8-Under, Heat 2= 9-10, Heat 3= 11-12, Heat 4= 13-14, Heat 5= 15+)
11:20am	200m Dash Girls (15 Heats)
11:50am	200m Dash Boys (16 Heats)
12:20am	4 x 100m Relay
12:35pm	4 x 400m Relay

FIELD EVENTS

High Jump	8:30am	All Competitors (Bar will start at 2'6", increase by 2")			
Long Jump	(Pit #1 = Girls, Pit #2 = Boys)				
	8:30am	13+ Boys and Girls			
	9:15am	6-Under Boys and Girls			
	9:50am	7-8 yr old Boys and Girls			
	10:25am	9-10 yr old Boys and Girls			
	11:30am	11-12 yr old Boys and Girls			
<u>Shot Put</u>	8:30am	10-Under Boys	<u>Discus</u>	11:00am	10-Under Boys/Girls
	8:50am	10-Under Girls		11:40pm	11-12 Boys/Girls
	9:10am	11-12 Boys		12:15pm	13-14 Boys/Girls
	9:25am	11-12 Girls		12:45pm	15+ Boys/Girls
	9:55am	13-14 Boys			
	10:15am	13-14 Girls			
	10:35am	15-16 and 17-18 Boys/Girls			