



SCHEDULE OF EVENTS

Field Events: (1 flight unless noted)

- 1:00 p.m. Discus Women
 Hammer Men -Women to follow
 Long Jump Women -Men to follow (2 flights)
 Pole Vault Women -Men to follow
- 2:00 p.m. Discus Men Invite -Men Open to follow
- 4:30 p.m. High Jump Men -Women to follow
 Triple Jump Women -Men to follow
 Shot Put Women
 Javelin Men
- 6:00 p.m. Javelin Women Invite -Women Open to follow
 Shot Put Men (2 flights)

Early Running Sections

Section Numbers

3:45 p.m.	100m (men)	Section 3 only
3:55 p.m.	400m Hurdles (men)	Section 3 only
4:05 p.m.	400m (men)	Sections 3 and 4 only
4:15 p.m.	110m Hurdles (men)	Section 3 only
4:20 p.m.	100m Hurdles (women)	Section 3 only

Running Events (women then men)

*Sections per race

<i>4:45 p.m.</i>	<i>Senior Recognition</i>	
<i>4:55 p.m.</i>	<i>National Anthem</i>	
5:00 p.m.	4x100m	1
5:15 p.m.	Iowa Speed Club Relays	2
5:25 p.m.	Herky Kids Race	1
5:30 p.m.	3,000m Steeple	1
6:00 p.m.	100/110m Hurdles	2
6:10 p.m.	100m	2
6:20 p.m.	400m	2
6:40 p.m.	800m	2
7:00 p.m.	400m Hurdles	2
7:20 p.m.	200m	3
7:40 p.m.	1,500m	2
8:00 p.m.	3,000m Women	1
8:20 p.m.	4x400m Relay	1-2
8:45 p.m.	5,000m Men	1