

# JIMMY GRANT INVITATIONAL

DECEMBER 11, 2021 • IOWA CITY, IOWA

FIELD EVENTS		FLIGHTS
10:00 AM	Weight Throw ( <i>HTRC</i> )	1 Men then 1 Women
12:00 PM	High Jump	Men then Women
1:00 PM	Pole Vault	Women then Men
1:00 PM	Long Jump	1 Men & 2 Women
1:30 PM	Shot Put	1 Men then 1 Women
4:00 PM	Triple Jump	1 Men & 1 Women

RUNNING EVENTS ( <i>MEN THEN WOMEN</i> )		HEATS
<i>2:30 PM</i>	<i>Infield open for 60m Hurdles warm-up</i>	
<b>2:55 PM</b>	<b><i>National Anthem</i></b>	
3:00 PM	60m Hurdles Prelims	2 Men / 2 Women
<i>3:15 PM</i>	<i>Infield open for 60m and 100m warm-up</i>	
3:15 PM	600m	2 Men / 1 Women
3:30 PM	1,000m	1 Men / 1 Women
<i>3:40 PM</i>	<i>Backstretch open for 400m warm-up</i>	
3:40 PM	60m Prelims	2 Men / 3 Women
<i>4:00 PM</i>	<i>Infield open for 60m Hurdles and 300m warm-up</i>	
4:00 PM	400m	2 Men / 2 Women
4:15 PM	60m Hurdles Finals	1 Men / 1 Women
<i>4:25 PM</i>	<i>Infield open for 60m warm-up</i>	
4:30 PM	300m	1 Men / 2 Women
4:45 PM	60m Finals	1 Men / 1 Women
5:00 PM	Mile	1 Men / 1 Women
5:25 PM	200m	3 Men / 4 Women
<i>5:30 PM</i>	<i>Infield open for 4x400m Relay warm-up</i>	
6:00 PM	4x400m Relay	2 Men / 2 Women