INVITATIONAL

JANUARY 14-15, 2022 · IOWA CITY

FRIDAY, .	JANUARY 14	
FIELD EVENT		FLIGHTS
5:00 PM	Weight Throw (HTRC)	Women (2) then Men (1)

SATURDAY, JANUARY 15				
FIELD EVENTS		FLIGHTS		
10:00 AM	High Jump	Men (1) & Women (1)		
11:00 AM	Shot Put	Men (1) then Women (2)		
12:00 PM	Long Jump	Men (2) & Women (2)		
12:30 PM	Pole Vault	Women (1) then Men (1)		
4:00 PM	Triple Jump	Men (1) & Women (1)		

RUNNING EVENTS		HEATS	
8:30 AM	IPF open for warm-ups		
11:00 AM	3,000m Unseeded	Men (1)	
11:15 AM	3,000m Unseeded	Women (1)	
11:30 AM	Infield open for 60m Hurdles warm-up		
11:45 AM	National Anthem		
11:45 AM	60m Hurdles Prelims	Men (4)	
12:00 PM	60m Hurdles Prelims	Women (5)	
12:20 PM	Infield open for 60m warm-up		
12:20 PM	1,000m	Men (2)	
12:30 PM	1,000m	Women (2)	
12:40 PM	Backstretch open for 400m warm-up		
12:40 PM	60m Prelims	Men (6)	
1:00 PM	60m Prelims	Women (5)	
1:20 PM	400m	Men (8)	
1:40 PM	Infield open for 60m Hurdles war	т-ир	
1:40 PM	400m	Women (6)	
1:55 PM	60m Hurdles Finals	Men (1)	
2:00 PM	60m Hurdles Finals	Women (1)	
2:10 PM	Infield open for 60m warm-up		
2:10 PM	600m	Men (6)	
2:25 PM	600m	Women (2)	
2:35 PM	60m Finals	Men (1)	
2:40 PM	60m Finals	Women (1)	
2:45 PM	Mile	Men (3)	
3:00 PM	Mile	Women (3)	
3:15 PM	Infield open for 200m warm-up		
3:25 PM	800m	Men (5)	
3:40 PM	800m	Women (2)	
3:50 PM	200m	Men (~12)	
4:20 PM	200m	Women (~15)	
4:55 PM	Infield open for 4x400m Relay warm-up		
4:55 PM	3,000m	Men (1)	
5:05 PM	3,000m	Women (1)	
5:20 PM	4x400m Relay	Men (4)	
5:45 PM	4x400m Relay	Women (3)	