



BILL BUXTON STADIUM • INDIANOLA, IOWA
APRIL 28-29, 2022

SCHEDULE OF EVENTS

THURSDAY, APRIL 28

RUNNING EVENTS

7 p.m. 5,000m

FRIDAY, APRIL 29

FIELD EVENTS

10 a.m. Hammer Women followed by Men
 Discus Men followed by Women
 Pole Vault Women followed by Men
 High Jump Women followed by Men
 Long Jump Men followed by Women
 Triple Jump Men followed by Women
(triple jump will follow the long jump)
 Javelin Men followed by Women

3 p.m. Shot Put
(first-finishing gender from hammer/discus determines shot put order)

NATIONAL ANTHEM

RUNNING EVENTS

11 a.m.	100m Hurdles	Women
	110m Hurdles	Men
	4x100m Relay	Women
	4x100m Relay	Men
	1500m	Women
	1500m	Men
	400m	Women
	400m	Men
	100m	Women
	100m	Men
	800m	Women
	800m	Men
	400m Hurdles	Women
	400m Hurdles	Men
	200m	Women
	200m	Men
	4x400m Relay	Women
	4x400m Relay	Men

SENIOR RECOGNITION CEREMONY

3,000m Steeple	Women
3,000m Steeple	Men
5,000m	Men (Section 1)
5,000m	Women (Section 1)
5,000m	Men (Section 2)
5,000m	Women (Section 2)
5,000m	Men (Section 3)
5,000m	Women (Section 3)
5,000m	Men (Section 4)

- Fast heats will run first EXCEPT in the Steeple and 5K. Those races will go from slow to fast.
- Time schedule will be updated after entries close

