

FEBRUARY 16, 2024 · IOWA CITY

FIELD EVENTS		FLIGHTS
11:00 AM	High Jump	Men + Women
12:00 PM	Weight Throw (at HTRC)	Women then Men
Following WT	Shot Put (at HTRC)	Women then Men
1:00 PM	Pole Vault	Women then Men
1:00 PM	Long Jump	Men + Women
3:00 PM	Triple Jump	Men + Women

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