



BILL BUXTON STADIUM • INDIANOLA, IOWA  
**APRIL 25-26, 2024**

# SCHEDULE OF EVENTS - THURSDAY

## THURSDAY, APRIL 25

### FIELD EVENTS

3 p.m. Pole Vault Women followed by Men  
Javelin Men followed by Women

### RUNNING EVENTS

4 p.m. 1500m Women  
1500m Men  
3000m Steeplechase Women  
3000m Steeplechase - Section 1 Men  
3000m Steeplechase - Section 2 Men  
5000m - Section 1 Women  
5000m - Section 1 Men  
5000m - Section 2 Women  
5000m - Section 2 Men  
5000m - Section 3 Women  
5000m - Section 3 Men  
5000m - Section 4 Women  
5000m - Section 4 Men

- Fast heats will run first EXCEPT in the Steeple and 5K. Those races will go from slow to fast.





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# SCHEDULE OF EVENTS - FRIDAY

## FRIDAY, APRIL 26

### FIELD EVENTS

10 a.m. High Jump Women followed by Men  
 Hammer Women followed by Men  
 Discus Men followed by Women  
 Long Jump Men followed by Women  
 Triple Jump Men followed by Women  
 (Triple Jump will follow the Long Jump)

2:30 p.m. Shot Put  
 (First-finishing gender from hammer/discus determines order)

### RUNNING EVENTS

#### NATIONAL ANTHEM

11 a.m.	100m Hurdles Prelims	Women
	110m Hurdles Prelims	Men
	100m Prelims	Women
	100m Prelims	Men
	4x100m Relay	Women
	4x100m Relay	Men
	400m	Women
	400m	Men
	110m Hurdles Final	Men
	100m Hurdles Final	Women
	100m Final	Men
	100m Final	Women
	800m	Women
	800m	Men
	400m Hurdles	Women
	400m Hurdles	Men
	200m	Women
	200m	Men
	<b>SENIOR RECOGNITION CEREMONY</b>	
	4x400m Relay	Women
	4x400m Relay	Men

