

IOWA GAMES TRACK & FIELD

2024 Schedule of Events

TRACK EVENTS				
Start Time	Event	Heats	Competition Format	Round
9:30 AM	1500M Run	5 Heats	(12-U B/G) (13-14 B/G) (15-18 B/G and Mast W) (Mast M 19-40) (Mast M 41+)	Final
10:10 AM	100m Hurdles	9 Heats	(11-12 G) (13-14 G) (11-12 B) (13-14 B) (MMen50+) (15-16G) (17-18G)(MW 19+)	Final
	110m Hurdles	2 Heats	(15-18B) (MMen19-49)	Final
10:40 AM	100m Dash	46 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final
11:50 AM	400m Dash	27 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final
12:50 PM	Officials Break			Final
1:10 PM	50m Dash	10 Heats	Youngest to Oldest	Final
1:30 PM	800m Run	7 Heats	(10-UB/G) (11-14G) (11-14B) (15-18B/G) (MastW) (MMen 50+) (MMen 19-49)	Final
1:55 PM	200m Dash	38 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final

FIELD EVENTS

LONG JUMP			DISCUS		
Start Time	PIT # 1	PIT # 2	Start Time	RING # 1	Round
8:00 AM	8-U GIRLS	8-U BOYS	8:00 AM	11-14 B/G	Final
8:45 AM	9-10 GIRLS	9-10 BOYS	8:45 AM	15-18 Girls	Final
9:30 AM	11-12 GIRLS	11-12 BOYS	9:30 AM	15-18 Boys	Final
10:40 AM	13-14 GIRLS	13-18 BOYS	10:40 AM	Masters Men 19+	Final
11:25 AM	15-18 GIRLS	MASTERS MEN 19-39	11:30 AM	Masters Women 19+	Final
12:15 PM	MASTERS WOMEN	MASTERS MEN 40+	HIGH JUMP		
			8:00 AM	18-Under B/G	Final
			10:30 AM	Masters M/W	Final
SHOT PUT					
			8:00 AM	Masters Men 19+	Final
			8:45 AM	Masters Women 19+	Final
			9:30 AM	15-18 Boys	Final
			10:40 AM	14-U Girls	Final
			11:30 AM	14-U Boys	Final
			12:15 PM	15-18 Girls	Final

****Start Times are Estimates only, please pay attention to the competition so you don't miss your age group.**



PRESENTED BY  **GRINNELL MUTUAL**

Start Time	RING # 1	Round
8:00 AM	Masters Men 19+	Final
8:45 AM	Masters Women 19+	Final
9:30 AM	15-18 Boys	Final
10:40 AM	14-U Girls	Final
11:30 AM	14-U Boys	Final
12:15 PM	15-18 Girls	Final