

IOWA GAMES INDOOR TRACK & FIELD

2026 Schedule of Events

TRACK EVENTS

****Rolling Schedule, if we get ahead we will stay ahead****

Start Time	Event	Heats	Competition Format	Round
10:30 AM	3000M Run	4	H1-14-Under BG / H2- 15-18 Girls / H3- 15-18 Boys / H4- 19+ Masters MW	Final
11:25 AM	400m Dash	41	H1= Boys 6U and Girls 7-8 / then youngest to oldest, girls then boys in each age division	Final
12:40 PM	60m Hurdles 30"	2	H1= Girls 14-U, H2= Boys 14-U	Final
12:45 PM	60m Hurdles 33"	4		Final
12:55 PM	60m Hurdles 39"	6		Final
1:05 PM	60m Dash	43	H1= 6-U B/G, then youngest to oldest, girls then boys in each age division	Final
1:50 PM	800m Run	13	H1= 14-U Girls, H2= 12-U Boys, H3= 13-14 Boys, H4= 15-16 Girls, H5-H6= 15-16 Boys, H7-H8= 17-18 Girls, H9-H11= 17-18 Boys, H12= 60+ M/W, H13= 19-59 Men	Final
2:35 PM	200m Dash	59		Final
3:40 PM	1600m Run	7	H1= 14-U B/G, H2= 15-16 Girls, H3= 15-16 Boys, H4= 17-18 Girls, H5-H6= 17-18 Boys, H7= 19+ Masters	Final
4:30 PM	Meet Over	0		

FIELD EVENTS

LONG JUMP			HIGH JUMP		
Start Time	PIT # 1	PIT # 2	Start Time	Competition Format	Round
10:00 AM	15-16/17-18 Girls	17-18 Boys	10:00 AM	18-Under B/G and Masters 19+ **All Ages Start at same time, bar starts at 3' 6"	Final
10:50 AM	11-14 Girls	15-16 Boys	SHOT PUT		
11:40 AM	10-U Girls	11-14 Boys	Start Time	RING # 1	Round
12:30 PM	Masters 19+	10-U Boys	10:00 AM	Masters Men/Women	Final
**Field Event Start Times are Estimates only, please pay attention to the competition so you don't miss your age group.			10:45 AM	15-18 Boys and Girls	Final
			11:30 AM	14-U Boys and Girls	Final



PRESENTED BY  **GRINNELL**
MUTUAL.