

# IOWA GAMES TRACK & FIELD

## 2025 Schedule of Events

### TRACK EVENTS

Start Time	Event	Heats	Competition Format	Round
9:00 AM	1500M Run	4 Heats	(12-U B/G) (13-14 B/G) (15-18 B/G and Mast W) (Mast M 19-40) (Mast M 41+)	Final
9:30 AM	100m Hurdles	4 Heats	(11-12 G) (13-14 G) (11-12 B) (13-14 B) (MMen50+) (15-16G) (17-18G)(MW 19+)	Final
	110m Hurdles	1 Heat	(15-18B) (MMen19-49)	Final
10:00 AM	100m Dash	25 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final
10:45 AM	400m Dash	21 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final
11:30 AM	50m Dash	8 Heats	Youngest to Oldest	Final
12:00 PM	800m Run	6 Heats	(10-UB/G) (11-14G) (11-14B) (15-18B/G) (MastW) (MMen 50+) (MMen 19-49)	Final
12:30 PM	200m Dash	25 Heats	Youngest to Oldest (18-U Girls) (MWom19+) (18-U Boys) (Mmen19+)	Final

### FIELD EVENTS

DISCUS		SHOT PUT		LONG JUMP		
Start Time	RING # 1	Start Time	RING # 1	Start Time	PIT # 1	Round
8:30 AM	11-18 GIRLS	8:30 AM	Masters Men 19+	8:00 AM	8-U GIRLS	Final
8:45 AM	15-18 Girls	9:15 AM	Masters Women 19+	8:30 AM	8-U BOYS	Final
9:30 AM	15-18 Boys	9:45 AM	15-18 GIRLS	9:15 AM	9-10 / 11-12 GIRLS	Final
10:40 AM	Masters Men 19+	10:15 AM	14-U Girls	10:00 AM	9-10 / 11-12 BOYS	Final
11:30 AM	Masters Women 19+	11:00 AM	14-U Boys	10:30 AM	13-14 GIRLS & BOYS	Final
<b>**Start Times are Estimates only, please pay attention to the competition so you don't miss your age group.</b>				11:15 AM	15-18 GIRLS & BOYS	Final
				11:45 AM	MASTERS MEN 19+	Final
				12:30 PM	MASTERS WOMEN 19+	Final

### HIGH JUMP

8:30 AM	18-Under B/G	Final
10:30 AM	Masters M/W	Final



LIVE RESULTS AT [WWW.AATIMING.COM](http://WWW.AATIMING.COM)