



INDOOR TRACK & FIELD MEET

Saturday, February 9, 2019 * University of Iowa Fieldhouse

****Running events will be run all Girls divisions followed by all Boys divisions, youngest age groups to oldest. (Exception will be in the Hurdles)**

----- TRACK EVENTS -----

- 10:00am** **60 M Hurdles**
Heat 1=14U Girls, Heat 2=14U Boys, Heat 3/4=15-16 Girls, Heat 5=17-18 Girls, Heat 6=15-18 Boys
- 10:15am** **Mile Run**
- 10:55am** **60 M Dash**
- 11:25am** **400 M Dash**
- 12:00pm** **800 M Run**
- 12:25pm** **200 M Dash**
- 1:10pm** **3000 M Run**
Heat 1= All Girls, Heat 2= All Boys

----- FIELD EVENTS -----

- 9:00am** **High Jump (All Divisions)**
The bar will start at 3'0 and go up by 2", jumpers come in when the bar is at your starting height. Notify official of your entry mark before the competition starts.
- 9:00am** **Shot Put (All Divisions)**
- 9:00am** **Long Jump (3 Jumps, no finals)**

<u>PIT 1</u>			<u>PIT 2</u>		
9:00am	Flight 1	8U Girls	9:00am	Flight 1	11-12 Girls
9:35am	Flight 2	9-10 Girls	9:40am	Flight 2	10U Boys
10:10am	Flight 3	15-19 Girls	10:15am	Flight 3	13-14 Girls
10:50am	Flight 4	11-14 Boys			
11:40am	Flight 5	15-16 Boys			
12:05am	Flight 6	17-18 Boys			