

Saturday July 31 \* Ames, IA

## TRACK EVENT SCHEDULE

**\*Girls followed by Boys in each event, Youngest to Oldest\***

<b>10:30am</b>	1500m Run	5 Heats (All Girls/Women, 14U Boys, 15-19 Boys, 19-49 Men, 50+ Men)
<b>11:10am</b>	100m Hurdles 30"	6 Heats (Girls 11-14, Boys 11-14, 19+ Women, 40+ Men)
<b>11:25am</b>	100m Hurdles 33"	2 Heats (Girls 15-16, Girls 17-18)
<b>11:30am</b>	110m Hurdles 39"	3 Heats (Boys 15-18, Men 19+)
<b>11:45am</b>	100m Dash	46 Heats
<b>12:45pm</b>	400m Dash	29 Heats
<b>1:45pm</b>	50m Dash	15 Heats
<b>2:00pm</b>	800m Run	10 Heats
<b>2:45pm</b>	200m Dash	41 Heats
<b>3:45pm</b>	4x100m Relay	2 Heats

## FIELD EVENT SCHEDULE

LONG JUMP		SHOT PUT	
Pit # 1		Ring # 1	
<b>9:30am</b>	Girls 6-Under	<b>9:30am</b>	12-Under Girls
<b>10:10am</b>	Girls 9-10	<b>10:00am</b>	13-14 Girls
<b>11:00am</b>	Girls 13-14	<b>10:30am</b>	15-18 Girls
<b>11:50am</b>	Boys 7-8	<b>11:00am</b>	Masters Women 19+
<b>12:30pm</b>	Boys 11-12	<b>11:45am</b>	12-Under Boys
<b>1:30pm</b>	Boys 13-14	<b>12:20pm</b>	13-18 Boys
<b>2:15pm</b>	Masters Men 19+	<b>12:50pm</b>	Masters Men 19+
Pit # 2		DISCUS	
<b>9:30am</b>	Girls 7-8	<b>Ring # 1</b>	
<b>10:20am</b>	Girls 11-12	<b>1:50pm</b>	Girls 18-Under
<b>11:00am</b>	Boys 6-Under	<b>2:30pm</b>	Boys 18-Under
<b>11:30am</b>	Boys 9-10	<b>3:15pm</b>	Masters Women 19+
<b>12:30pm</b>	Boys 15-18	<b>3:30pm</b>	Masters Men 19+
<b>1:30pm</b>	Masters Women 19+		

HIGH JUMP	
<b>9:30am</b>	<b>All Boys/Girls 18-Under</b> <i>*Bar starts at 3'4" and raises 2" at a time. Jumpers come in when bar is at their desired height.</i>
<b>12:30pm</b>	<b>Masters Men/Women 19+</b> <i>*Bar starts at 3'0" and raises 2" at a time. Jumpers come in when bar is at their desired height.</i>

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