

Saturday July 15 \* Ames, IA

## TRACK EVENT SCHEDULE

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

|                |                   |          |  |
|----------------|-------------------|----------|--|
| <b>9:30am</b>  | 1500m Run         | 5 Heats  | (All Girls/Women, 14U Boys, 15-19 Boys, 19-49 Men, 50+ Men)              |
| <b>10:00am</b> | 100m Hurdles      | 5 Heats  | (Girls 11-14, Boys 11-14, Men 40+ = 30"), (Girls 15-18, Women 19+ = 33") |
| <b>10:10am</b> | 110m Hurdles      | 3 Heats  | (Boys 15-16, Boys 17-18, Masters 19-39 = 39")                            |
| <b>10:30am</b> | 100m Dash Prelims | 36 Heats | (If less than 8 entries, this will be run as a Final)                    |
| <b>11:45pm</b> | 400m Dash         | 24 Heats |  |
| <b>1:00pm</b>  | 50m Dash          | 10 Heats |  |
| <b>1:20pm</b>  | 100m Dash Finals  | 10 Heats |  |
| <b>1:30pm</b>  | 800m Run          | 6 Heats  |  |
| <b>1:50pm</b>  | 200m Dash         | 32 Heats |  |
| <b>2:50pm</b>  | 4x100m Relay      | 2 Heats  |  |

**\*\*IF WE GET AHEAD OF SCHEDULE WE WILL STAY AHEAD OF SCHEDULE\*\***

## FIELD EVENT SCHEDULE

| LONG JUMP      |                    | SHOT PUT       |                   |
|----------------|--------------------|----------------|-------------------|
| Pit # 1        |                    | Ring # 1       |                   |
| <b>8:30am</b>  | Girls 6-U, 7-8     | <b>9:30am</b>  | 18-Under Girls    |
| <b>9:00am</b>  | Boys 9-10          | <b>10:15am</b> | 18-Under Boys     |
| <b>9:50am</b>  | Girls 11-12        | <b>11:15am</b> | Masters Women 19+ |
| <b>10:50am</b> | Girls 13-14        | <b>11:45am</b> | Masters Men 19+   |
| <b>11:30pm</b> | Boys 13-14         |                |                   |
| <b>12:30pm</b> | Masters Women 19+  |                |                   |
| Pit # 2        |                    | DISCUS         |                   |
|                |                    | Ring # 1       |                   |
| <b>8:30am</b>  | Boys 6-U, 7-8      | <b>9:30am</b>  | Masters Women 19+ |
| <b>9:20am</b>  | Girls 9-10         | <b>10:00am</b> | Masters Men 19+   |
| <b>10:00am</b> | Boys 11-12         | <b>11:15am</b> | 18-Under Girls    |
| <b>10:45am</b> | Girls 15-16, 17-18 | <b>12:00pm</b> | 18-Under Boys     |
| <b>11:15pm</b> | Boys 15-16, 17-18  |                |                   |
| <b>12:00pm</b> | Masters Men 19+    |                |                   |

| HIGH JUMP      |  |
|----------------|--|
| <b>9:30am</b>  | <b>All Boys/Girls 18-Under</b><br><i>*Bar starts at 3'4" and raises 2" at a time.<br/>Jumpers come in when bar is at their desired height.</i> |
| <b>11:00am</b> | <b>Masters Men/Women 19+</b><br><i>*Bar starts at 3'0" and raises 2" at a time.<br/>Jumpers come in when bar is at their desired height.</i>   |

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

