

# IOWA GAMES TRACK & FIELD

## 2025 Schedule of Events

TRACK EVENTS						
Start Time		Event	Heats		Competition Format	Round
9:00 AM		1500M Run	3 Heats		(14-U Girls and Boys) (15-18 Girls and Boys) (Women and Men 19+)	Final
9:25 AM		100m/110m Hurdles	8 Heats		(11-12 G) (13-14 G) (11-12 B) (13-14 B) (15-16G) (17-18G) (15-18 B)	Final
9:55 AM		100m Dash	47 Heats		(18-U Girls) (Wom19+) (18-U Boys) (Men19+) (Wheelchair)	Final
11:00 AM		400m Dash	35 Heats		(18-U Girls) (Wom19+) (18-U Boys) (Men19+)	Final
12:05 PM		50m Dash	13 Heats		Youngest to Oldest	Final
12:20 PM		800m Run	8 Heats		(10-UG)(10-UB)(11-14G)(11-14B)(15-18G)(15-18B)(Wom 19+/Men 60+)(Men 19-59)	Final
12:50 PM		200m Dash	43 Heats		(18-U Girls) (Wom19+) (18-U Boys) (Men19+) (Wheelchair)	Final
FIELD EVENTS						
LONG JUMP				DISCUS		
Start Time		PIT # 1	Start Time		PIT # 2	Round
8:00 AM		6-U BOYS	8:00 AM		6-U GIRLS	Final
8:30 AM		7-8 BOYS	8:30 AM		7-8 GIRLS	Final
9:10 AM		9-10 BOYS	9:10 AM		9-10 GIRLS	Final
10:00 AM		11-12 BOYS	10:00 AM		11-12 GIRLS	Final
10:45 AM		13-14 BOYS	10:45 AM		13-14 GIRLS	Final
11:30 PM		15-18 BOYS	11:30 PM		15-18 GIRLS	Final
			12:15 PM		Masters M/W	
				SHOT PUT		
Start Time		RING # 1		Round		
8:30 AM		Masters Men 19-59		Final		
9:30 AM		Masters Men 60+		Final		
10:25 AM		15-18 GIRLS / BOYS		Final		
11:10 AM		14-U Girls		Final		
11:50 AM		14-U Boys		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		



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