



**2023 Open and Masters Indoor USATF/Iowa
Association Championships and All-
Comers Meet**

**Sunday, March 19, 2023
Grinnell College Track
Grinnell, Iowa**

LOCATION: Grinnell College, 1201 10th Avenue, Grinnell, IA

TRACK: 6 lane, 200 Meter

ENTRY FEE: \$25.00 per competitor, USATF Membership required

Limit of 5 Events

REGISTRATION: *Registration is on-line at* [Registration Link](#)

SCHEDULE (Appr): (This meet will be ran in conjunction with the youth meet)

9:00	HJ	(Bar will start at low height and move up. Bar will not move down once started.)
	LJ	Cafeteria Style 4 Jumps
	SP	Cafeteria Style 4 Throws
10:00	PV	(Bar will start at low height and move up. Bar will not move down once started.)
11:00	WT	Cafeteria Style 4 Throws (WT starts immediately after SP)
11:00	1500 M Run	Finals
11:20	60 M Dash	Timed Finals
12:30	800 M Run	Finals
1:20	200 M Dash	Timed Finals
2:10	3000 M Run	Finals
2:50	400 M Dash	Finals

Running schedule is tentative – we will not run more than 30 minutes ahead of scheduled time.

(Competitors must supply their own implements)

AGE: Age as determined on date of the meet.

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