

2016 Open and Masters Indoor USATF/Iowa
Association Championships and
Invitational
Sunday, March 20, 2016
Grinnell College Track, Grinnell, Iowa

LOCATION: Grinnell College, Grinnell, IA

TRACK: 6 lane, 200 Meter

ENTRY FEE: \$5.00 per competitor, USAT&F Membership also suggested

Unlimited Events, but Maximum of 5 medals awarded per Individual

REGISTRATION: 8:00 AM – 11:00 AM (Absolutely NO Registration after 11:00)

MEET: 9:00 AM – Field Events, 11:30 AM – Track Events.

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

9:00 HJ (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.)

WT (Immediately after SP) Cafeteria Style, 4 Throws

11:15 1500 M Run Finals

11:45 60 M Hurdles Timed Finals

12:15 1500 RW Finals

12:30 60 M Dash Timed Finals

1:15 800 M Run Finals

1:45 200 M Dash Timed Finals

2:45 3000 M Run Finals

3:15 400 M Dash Finals

(Competitors must supply their own implements)

NAME: _____

first

last

circle

AGE: _____ Age determined as of day of meet. Gender: M / F

Make check payable to USATF-Iowa & SEND TO:

Jim Walczyk, 4400 EP True Parkway, Unit 52., West Des Moines, IA 50265

OR jim.walczyk@gmail.com, PHONE: (515) 771-4246

(entries due 3/15/16 or on site day of meet).