



**2018 Open and Masters Indoor USATF/Iowa  
Association Championships and  
Invitational**

**Sunday, March 18, 2018  
Grinnell College Track  
Grinnell, Iowa**

**LOCATION:** Grinnell College, Grinnell, IA

**TRACK:** 6 lane, 200 Meter

**ENTRY FEE:** \$10.00 per competitor, USATF Membership also suggested

*Unlimited Events, but Maximum of 5 medals awarded per Individual*

**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)
11:15	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

Running schedule is tentative – we will not run more than 15 minutes ahead of scheduled time.

*(Competitors must supply their own implements)*

**AGE:** Age as determined on date of the meet.

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