



**2024 Open and Masters Indoor USATF/Iowa
Association Championships and All-
Comers Meet**

**Sunday, March 24, 2024
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)

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|-------|------------|----------------------------------------------------------------------------------|--------------|----------------------------------|
| 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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