



**2025 Open and Masters Indoor USATF/Iowa
Association Championships and All-
Comers Meet**

**Sunday, March 9, 2025
Central College Track
Pella, Iowa**

LOCATION: Central College, HS Kuyper Fieldhouse, 1200 Independence Street, Pella, 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)

10:00 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

12:00 WT** Cafeteria Style 4 Throws (WT starts immediately after SP)

11:30 1500 M Run Finals

11:50 60 M Dash Timed Finals

12:45 800 M Run Finals

1:10 200 M Dash Timed Finals

1:45 3000 M Run Finals

2:15 400 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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