



Iowa Open
INDOOR TRACK AND FIELD
JANUARY 17, 2009
Tentative schedule (1/6/09)

Field Events:

11:00 a.m. Long Jump m then w
Weight Throw w then m
Pole Vault w then m

1:00 p.m. High Jump m then w
Triple Jump m then w
Shot Put w then m

Running times listed are approximate:

12:00 p.m. National Anthem
12:05 60m Hurdles Prelims m/w
12:30 60m Prelims w/m

ALL FINALS WOMEN THEN MEN

ROLLING TIME SCHEDULE STARTING AT 1:00 p.m.

1:00 Mile
1:25 60m Hurdles
1:35 400m
Boy Scout Races
1:55 300m
2:05 600m
2:25 60m
2:35 800m
2:50 200m
3:15 1,200m
3:30 3,000m
4:00 4x400m Relay

