

Iowa State Track & Field Classic

February 11-13, 2010

Final Time Schedule

Thursday, February 11th – Heptathlon/Pentathlon Only – All times are approximate

12:30 PM	60 Meter Hurdles	(W)	Pentathlon
12:45 PM	60 Meter Dash	(M)	Heptathlon
1:15 PM	High Jump	(W)	Pentathlon
1:25 PM	Long Jump	(M)	Heptathlon
2:45 PM	Shot Put	(M)	Heptathlon
3:20 PM	Shot Put	(W)	Pentathlon
3:45 PM	High Jump	(M)	Heptathlon
4:15 PM	Long Jump	(W)	Pentathlon
5:15 PM	800 Meter Run	(W)	Pentathlon

Friday, February 12th – Heptathlon/Pentathlon – All times are approximate

9:00 AM	60 Meter Hurdles	(M)	Heptathlon
9:45 AM	Pole Vault	(M)	Heptathlon
12:00 PM	1,000 Meter Run	(M)	Heptathlon

FIELD EVENTS – All events should be on time

1:00 PM	Weight Throw	(W)		5 Flights
1:30 PM	Pole Vault	(W)	Non-Seeded	
2:00 PM	Long Jump	(W)	West Pit	4 Flights
2:00 PM	High Jump	(W)	Non-seeded	
2:00 PM	Long Jump	(M)	East Pit	4 Flights
5:00 PM	High Jump	(M)	Non-Seeded Flight #2	
5:00 PM	Pole Vault	(W)	Seeded	
5:30 PM	Weight Throw	(M)		5 Flights

RUNNING EVENTS – All running events are run fast section first except as noted

Times are approximate - a rolling schedule will be implemented after the first event

3:00 PM	Distance Medley Relay	(W)		2 Heats
3:15 PM	Distance Medley Relay	(M)		2 Heats
3:30 PM	5,000 meter run	(W)	Non-Seeded	2 Heats
4:10 PM	5,000 meter run	(M)	Non-Seeded	2 Heats
4:50 PM	200 meter dash	(W)	Final	20 Heats
5:40 PM	200 meter dash	(M)	Final	22 Heats
6:30 PM	3,000 meter run	(W)	Non-Seeded	3 Heats
7:20 PM	3,000 meter run	(M)	Non-Seeded	2 Heats

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Saturday February 11-13, 2010

Tentative Time Schedule

Saturday, February 13th

FIELD EVENTS – All events should be on time

10:00 AM	Shot Put	(W)		6 Flights
10:00 AM	High Jump	(M)	Non-Seeded Flight #1	
10:00 AM	Pole Vault	(M)	Non-Seeded Flight #2	
11:00 AM	Triple Jump	(W)	East Pit	3 Flights
12:30 PM	High Jump	(W)	Seeded	
1:00 AM	Pole Vault	(M)	Non-Seeded Flight #1	
2:30 PM	High Jump	(M)	Seeded	
	Triple Jump	(M)	East Pit	2 Flights
3:00 PM	Shot Put	(M)		5 Flights
4:00 PM	Pole Vault	(M)	Seeded	

RUNNING EVENTS – All running events are run fast section first except as noted

Times are approximate - a rolling schedule will be implemented after the first event

9:00 AM	Mile run	(W)	Non-Seeded	6 Heats
9:40 AM	Mile run	(M)	Non-Seeded	6 Heats
10:20 AM	800 meter run	(W)	Non-Seeded	8 Heats
10:55 AM	800 meter run	(M)	Non-Seeded	6 Heats
11:20 AM	400 meter dash	(W)	Non-Seeded	10 Heats
11:45 AM	400 meter dash	(M)	Non-Seeded	11 Heats
12:10 AM	60 meter Hurdles	(M)	Prelims	11 Heats
12:40 PM	60 meter Hurdles	(W)	Prelims	8 Heats
1:10 PM	60 meter dash	(W)	Prelims	13 Heats
1:50 PM	60 meter dash	(M)	Prelims	12 Heats
2:30 PM	600 yard dash	(W)		4 Heats
2:45 PM	600 yard dash	(M)		6 Heats
3:05 PM	Mile run	(W)	Seeded	3 Heats
3:25 PM	Mile run	(M)	Seeded	3 Heats
3:45 PM	5,000 meter run	(W)	Seeded	2 Heats
4:30 PM	5,000 meter run	(M)	Seeded	2 Heats
5:10 PM	60 meter Hurdles	(W)	Final	2 Heats
5:20 PM	60 meter Hurdles	(M)	Final	2 Heats
5:30 PM	Masters Race			1 Heat
5:35 PM	400 meter dash	(W)	Seeded	6 Heats
5:55 PM	400 meter dash	(M)	Seeded	6 Heats
6:15 PM	60 Meter Dash	(W)	Final	2 Heats
6:25 PM	60 Meter Dash	(M)	Final	2 Heats
6:35 PM	800 meter run	(W)		4 Heats
6:55 PM	800 meter run	(M)		6 Heats
7:15 PM	3,000 meter run	(W)	Seeded	2 Heats
7:40 PM	3,000 meter run	(M)	Seeded	2 Heats
8:05 PM	4 x 400 meter relay	(W)		TBD
TBD PM	4 x 400 meter relay	(M)		TBD