



**2023 Youth Indoor USATF/Iowa Association
Championships and All-Comers Meet**

**Sunday, March 19, 2023
Grinnell College Track
Grinnell, Iowa**

LOCATION: Grinnell College, 1201 10th Avenue, Grinnell, IA

TRACK: 6 lane, 200 Meter

ENTRY FEE: \$20.00 per competitor, USATF Membership required

REGISTRATION: *Registration is on-line at [Registration Link](#)*

SCHEDULE (Appr): (This meet will be ran in conjunction with the Open/Masters 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 |
| 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.

AGE: Age group is determined by age athlete will be as of 12/31/2023

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