



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

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

**LOCATION:** Grinnell College, 1201 10<sup>th</sup> Avenue, Grinnell, IA

**TRACK:** 6 lane, 200 Meter

**ENTRY FEE:** \$25.00 per competitor, USATF Membership also strongly suggested

*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)*

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.

**CONTACT:** Jim Walczyk  
jim.walczyk@gmail.com  
(515) 771-4246