



## **2023 USATF Iowa Association Outdoor Open/Masters Championship and Invitational Meet**

**Sunday, June 18, 2023  
Ames High School Track  
1801 Ridgewood Ave.  
Ames, Iowa  
8 AM Registration Opens  
8:30/9 AM Field Events  
9 AM Track Events**

### **Mens/Womens Events Include**

Running Events Order: 3000m RaceWalk, 800m Run,  
80m/100m/110m Hurdles, 100m Dash,  
3000m Run, 300m/400m Hurdles, 200m Dash, 400m Dash,  
1500m Run– all events ran as finals  
Field Events: HJ, LJ, TJ, SP, DT, JT

**Entry Fee: \$8 per event**

USATF Membership Available online at [www.usatf-iowa.org](http://www.usatf-iowa.org) or at the meet

On line registration: <https://www.athletic.net/TrackAndField/meet/510398/register>

For ages 19 through 90+. Open athletes 19-29 will compete together. Contestants 30 and over will compete in 5 year increment groups (i.e. 30-34, 35-39, and so on). Based on the number of athletes in each age group, several age groups may race in the same heat.

**For More Information please contact:** [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com) or (515) 771-4246

**Non-Iowans are not only welcome, they are encouraged to participate!**