



## IOWA CONFERENCE OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 8-9, 2009--Central College—Pella, Iowa

A.N. Kupyer Athletics Complex—Ron and Joyce Schipper Stadium

### SCHEDULE OF EVENTS

#### FRIDAY

May 8, 2009

#### Field events

- 1 p.m. Hammer - Men  
Long jump - Men  
Javelin - Women  
Pole vault - Men followed by Women  
High jump – Women
- 2:30 p.m. Hammer – Women  
Long jump - Women  
Javelin – Men

#### Running events

- 4 p.m. 100-meter hurdles semifinals - Women
- 4:15 p.m. 110-meter hurdles semifinals - Men
- 4:30 p.m. 400-meter dash semifinals - Women
- 4:45 p.m. 400-meter dash semifinals - Men
- 5 p.m. 100-meter dash semifinals - Women
- 5:15 p.m. 100-meter dash semifinals - Men
- 5:30 p.m. 800-meter run semifinals - Women
- 5:45 p.m. 800-meter run semifinals - Men
- 6 p.m. 400-meter hurdles semifinals - Women
- 6:15 p.m. 400-meter hurdles semifinals - Men
- 6:30 p.m. 200-meter dash semifinals - Women
- 6:45 p.m. 200-meter dash semifinals - Men
- 7 p.m. 10,000-meter run final - Women
- 7:50 p.m. 10,000-meter run final – Men

**SATURDAY**  
**May 9, 2009**

**Field events**

- 10 a.m. Triple jump - Women  
Shot put - Women  
Discus - Men  
High jump - Men
- 12:30 p.m. Triple jump - Men  
Shot put - Men  
Discus - Women

**Running events**

- 1 p.m. 3,000-meter steeplechase final - Women
- 1:15 p.m. 3,000-meter steeplechase final - Men
- 1:30 p.m. 4x100-meter relay - Women
- 1:40 p.m. 4x100-meter relay - Men
- 1:50 p.m. 1500-meter run final - Women
- 2:05 p.m. 1500-meter run final - Men
- 2:20 p.m. 100-meter hurdles final - Women
- 2:30 p.m. 110-meter hurdles final - Men
- 2:40 p.m. 400-meter dash final - Women
- 2:45 p.m. 400-meter dash final - Men
- 2:55 p.m. 100-meter dash final - Women
- 3 p.m. 100-meter dash final - Men
- 3:05 p.m. 800-meter run final - Women
- 3:15 p.m. 800-meter run final - Men
- 3:25 p.m. 400-meter hurdles final - Women
- 3:35 p.m. 400-meter hurdles final - Men
- 3:45 p.m. 200-meter dash final - Women
- 3:50 p.m. 200-meter dash final - Men
- 4 p.m. 5,000-meter run final - Women
- 4:25 p.m. 5,000-meter run final - Men
- 4:45 p.m. 4x400-meter relay - Women
- 4:55 p.m. 4x400-meter relay - Men