

Tentative Competition Schedule (as of 4/3/08)

Wednesday, April 23

Noon	Heptathlon	4:00
12:30	Decathlon	4:45
6:00	Pole Vault Invitational, Jordan Creek Town Center	5:20

Thursday, April 24

10:30	Decathlon – Final	6:02
11:30	High Jump Downtown, Special Invitational	6:09
12:00	Heptathlon – Final	6:34

Thursday Evening Distance Carnival, April 24

10,000 Women – Final	FIELD EVENTS
10,000 Men – Final	5:00 Discus, HS Boys – Final
3,000 HS Girls – Final	5:00 High Jump, HS Girls – Final
3,200 HS Boys – Final	5:00 Long Jump, HS Boys – Final
1,500 Women Unseeded – Final	5:30 Shot Put, HS Girls – Final
1,500 Men Unseeded – Final	
5000 Women – Final	
5000 Men – Final	

Friday Day Events, April 25

8:00	100 Meter Hurdles, HS Girls – Prelims	1:30	Coaches Hall of Fame Introduction
8:16	110 Meter Hurdles, HS Boys – Prelims	1:38	Men's Master's 800 – Final
8:31	100 Meter, HS Girls – Prelims	1:45	4 x 200 Meter Relay, CD Women – Final
8:46	100 Meter, HS Boys – Prelims	1:55	4 x 200 Meter Relay, CD Men – Final
8:58	4 x 100 Meter Relay, CD Women – Prelims	2:05	4 x 200 Meter Relay, HS Boys – Final
9:17	4 x 100 Meter Relay, CD Men – Prelims	2:15	800 Meter, HS Girls – Final
9:32	4 x 100 Meter Relay, UD Women – Prelims	2:20	800 Meter, UD/CD Women – Final
9:48	4 x 100 Meter Relay, UD Men – Prelims	2:25	4 x 400 Meter Relay, CD Women – Prelims
10:05	Distance Medley Relay, CD Women – Final	2:55	4 x 400 Meter Relay, CD Men – Prelims
10:25	Sprint Medley Relay, HS Girls – Final	3:25	4 x 400 Meter Relay, UD Women – Prelims
10:40	Sprint Medley Relay, HS Boys – Final	3:55	4 x 400 Meter Relay, UD Men – Prelims
10:55	4 x 800 Meter Relay, CD Men – Final	4:25	Clear Stadium
11:07	100 Meter Hurdles, HS Girls – Final		FIELD EVENTS
11:14	100 Meter Hurdles, UD/CD Women – Prelims	8:30	Shot Put, HS Boys – Final
11:29	110 Meter Hurdles, HS Boys – Final	9:00	Discus, HS Girls – Final
11:35	110 Meter Hurdles, UD/CD Men – Prelims	9:30	Long Jump, HS Girls – Final
11:45	Officials Break	9:45	High Jump, HS Boys – Final
12:00	Opening Ceremonies	10:00	Pole Vault, UD/CD Women – Final
12:15	4 x 1,600 Meter Relay UD/CD Men – Final	10:45	Javelin, UD/CD Men – Final
12:40	100 Meter, HS Girls – Final	11:30	Discus, UD/CD Women – Final
12:45	100 Meter, UD/CD Women – Prelims	1:00	High Jump, UD/CD Women – Final
12:58	100 Meter, HS Boys – Final	1:15	Pole Vault, UD/CD Men – Final
1:03	100 Meter, UD/CD Men – Prelims	1:30	Long Jump, UD/CD Men – Final
1:15	Distance Medley Relay, UD Women – Final	2:00	Javelin, UD/CD Women – Final
		2:30	Shot Put, UD/CD Men – Final

Friday Night Events, April 25

5:30	4 x 100 Meter Relay, HS Girls – Prelims	7:30	240 Yard Shuttle Relay, Middle School – Final
6:00	4 x 200 Meter Relay UD Women – Final	7:40	4 x 800 Meter Relay, UD Women – Final
6:10	4 x 100 Meter Relay, HS Boys – Prelims	7:55	4 x 800 Meter Relay, UD Men – Final
6:40	4 x 200 Meter Relay, UD Men – Final	8:10	4 x 400 Meter Relay, HS Girls – Prelims
6:55	Iowa Kidstrong Event	8:30	4 x 400 Meter Relay, HS Boys – Prelims
7:10	Bob Karnes Memorial Tribute	8:55	FIREWORKS
7:20	240 Yard Shuttle Relay, Elementary School – Final		

Saturday Events, April 26

8:00	8K Road Race & ½ Marathon Race <i>Starts & Finishes Outside Drake Stadium</i>	3:12	Distance Medley, UD Men – Final
8:00	Shuttle Hurdle Relay, HS Girls – Prelims	3:28	1600 Meter Run, HS Boys – Final
8:11	Shuttle Hurdle Relay, UD/CD Women – Prelims	3:36	Mile Run, Special Invitational, Men – Final
8:33	Shuttle Hurdle Relay, UD/CD Men – Prelims	3:45	Athletes Hall of Fame Introduction & Governor's Proclamation
8:53	4 x 800 Meter Relay, CD Women – Final	3:59	1500 Meter Run, UD/CD Men – Final
9:09	Distance Medley Relay, CD Men – Final	4:07	4 x 100 Meter Relay, HS Girls – Final
9:24	Sprint Medley Relay, CD Women – Final	4:12	4 x 100 Meter Relay, HS Boys – Final
9:44	Sprint Medley Relay, CD Men – Final	4:17	4 x 100 Meter Relay, CD Women – Final
10:05	Sprint Medley Relay, UD Women – Final	4:22	4 x 100 Meter Relay, CD Men – Final
10:25	Sprint Medley Relay, UD Men – Final	4:27	4 x 100 Meter Relay, UD Women – Final
10:42	4 x 800 Meter Relay, HS Girls – Final	4:32	4 x 100 Meter, UD Men – Final
10:56	4 x 800 Meter Relay, HS Boys – Final	4:37	800 Meter Run, UD/CD Men – Final
11:10	Men's Master Mile – Final	4:43	400 Meter Run, Special Invitational Women – Final
11:17	4 x 1,600 Meter Relay, UD/CD Women – Final	4:50	400 Meter Run, Special Invitational Men – Final
11:40	Officials Break	5:00	1,500 Meter Run, UD/CD Women – Final
12:10	Parade of Officials	5:08	800 Meter Run, Special Invitational Women – Final
12:15	Opening Ceremony & Beautiful Bulldog	5:17	4 x 400 Meter Relay, CD Women – Final
12:35	Shuttle Hurdle Relay, HS Girls – Final	5:26	4 x 400 Meter Relay, CD Men – Final
12:43	Shuttle Hurdle Relay, UD/CD Women – Final	5:34	4 x 400 Meter Relay, HS Girls – Final
12:51	Shuttle Hurdle Relay, UD/CD Men – Final	5:42	4 x 400 Meter Relay, HS Boys – Final
12:58	400 Meter Hurdles, HS Girls – Final	5:51	4 x 400 Meter Relay, UD Women – Final
1:04	400 Meter Hurdles, HS Boys – Final	6:00	4 x 400 Meter Relay, UD Men – Final
1:10	400 Meter Hurdles, UD/CD Women – Final		FIELD EVENTS
1:20	400 Meter Hurdles, UD/CD Men – Final	9:30	Hammer, UD/CD Women – Final
1:25	400 Meter Hurdles, Special Invitational Men – Final	10:00	Discus, UD/CD Men – Final
1:35	3,000 Meter Steeplechase, UD/CD Men – Final	10:00	High Jump, UD/CD Men – Final
2:00	800 Meter Run, Special Invitational Men – Final	10:00	Long Jump, UD/CD Women – Final
2:06	1,500 Meter Run, HS Girls – Final	11:00	Pole Vault, Special Invitational Women – Final
2:14	3,000 Steeplechase, UD/CD Women – Final	11:30	Shot Put, UD/CD Women – Final
2:30	100 Meter Hurdles, UD/CD Women – Final	1:00	Triple Jump, UD/CD Men – Final
2:35	100 Meter Hurdles, Special Invitational Women – Final	1:15	High Jump, Special Invitational Women – Final
2:40	110 Meter Hurdles, UD/CD Men – Final	2:15	Hammer, UD/CD Men – Final
2:45	110 Meter Hurdles, Special Invitational Men – Final	2:30	Shot Put, Special Invitational Men – Final
2:53	100 Meter Dash, UD/CD Women – Final	2:30	Pole Vault, Special Invitational Men – Final
2:59	100 Meter Dash UD/CD Men – Final	3:00	High Jump, Special Invitational Men – Final
3:05	1500 Meter Run, Special Invitational Women – Final	3:30	Triple Jump, UD/CD Women – Final