

2022 Live Healthy Iowa Kids Track Championships

sponsored by Spahn & Rose

June 18, 2022

Order of Events

Field Events (Check for your field event; leave to running event, if called, then return to field event.)

8:45 am	7-8 Girls Standing Long Jump 7-8 Girls Softball Throw	7-8 Boys Softball Throw 7-8 Boys Standing Long Jump
9:15 am	9-10 Girls Standing Long Jump 9-10 Girls Softball Throw	9-10 Boys Softball Throw 9-10 Boys Standing Long Jump
9:45 am	11-12 Girls Standing Long Jump 11-12 Girls Softball Throw	11-12 Boys Softball Throw 11-12 Boys Standing Long Jump
10:15 am	13-14 Girls Standing Long Jump 13-14 Girls Softball Throw	13-14 Boys Softball Throw 13-15 Boys Standing Long Jump

Running Events start at 9:30 Preliminary events will determine the 8 finalists to compete in the afternoon.

50 m 7-8 Girls	Preliminaries	100 m 7-8 Girls	Preliminaries
50 m 7-8 Boys	Preliminaries	100 m 7-8 Boys	Preliminaries
50 m 9-10 Girls	Preliminaries	100 m 9-10 Girls	Preliminaries
50 m 9-10 Boys	Preliminaries	100 m 9-10 Boys	Preliminaries
1600 m 13-14 Girls	Finals	100 m 11-12 Girls	Preliminaries
1600 m 13-14 Boys	Finals	100 m 11-12 Boys	Preliminaries
		100 m 13-14 Girls	Preliminaries
		100 m 13-14 Boys	Preliminaries

11:00 am Opening Ceremony and Parade of Athletes

Athletes should report to ATHLETES ENTER GATE far side of track. Wear LHIK shirt.

Running Events - Finals resume immediately following the Opening Ceremony and Parade of Athletes.

50 m 7-8 Girls	Final	200 m 13-14 Girls	Final
50 m 7-8 Boys	Final	200 m 13-14 Boys	Final
50 m 9-10 Girls	Final	200 m 11-12 Girls	Final
50 m 9-10 Boys	Final	200 m 11-12 Boys	Final
100 m 11-12 Girls	Final	200 m 9-10 Girls	Final
100 m 11-12 Boys	Final	200 m 9-10 Boys	Final
100 m 13-14 Girls	Final	200 m 7-8 Girls	Final
100 m 13-14 Boys	Final	200 m 7-8 Boys	Final
100 m 7-8 Girls	Final	800 m 13-14 Girls	Final
100 m 7-8 Boys	Final	800 m 13-14 Boys	Final
100 m 9-10 Girls	Final	800 m 11-12 Girls	Final
100 m 9-10 Boys	Final	800 m 11-12 Boys	Final
400 m 13-14 Girls	Final	4 x 100 7-8 Girls	Final
400 m 13-14 Boys	Final	4 x 100 7-8 Boys	Final
400 m 11-12 Girls	Final	4 x 100 9-10 Girls	Final
400 m 11-12 Boys	Final	4 x 100 9-10 Boys	Final
400 m 9-10 Girls	Final	4 x 100 11-12 Girls	Final
400 m 9-10 Boys	Final	4 x 100 11-12 Boys	Final
		4 x 100 13-14 Girls	Final
		4 x 100 13-14 Boys	Final

Awards for running events will be given at the awards tent. A podium for photo opportunities is available next to the information tent.

Athlete Check-in, under south bleachers, prior to your first event.