



# 2023 Live Healthy Iowa Kids Track Championships

## Order of Events

Saturday, June 17, 2023

**FIELD EVENTS** (Check-in for your field event; leave to running event, if called, then return to field event.)

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

**1<sup>st</sup> SESSION RUNNING EVENTS - 9:30 am** (Preliminary events will determine the 8 finalists for the 2<sup>nd</sup> Session.)

### **50 M Dash PRELIMINARY**

7-8 Girls, 7-8 Boys, 9-10 Girls, 9-10 Boys

### **1600 M Run FINAL**

13-14 Girls, 13-14 Boys, 11-12 Girls, 11-12 Boys

### **100 M Dash PRELIMINARY**

7-8 Girls, 7-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys

**PARADE OF ATHLETES - 11:00 am** (Athletes should report to the entrance gate on the far side of the track and wear LHIK Track T-shirt.)

**2<sup>nd</sup> SESSION RUNNING EVENTS - Immediately following the Parade of Athletes**

### **50 M Dash FINAL**

7-8 Girls, 7-8 Boys, 9-10 Girls, 9-10 Boys

### **100 M Dash FINAL**

11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 7-8 Girls, 7-8 Boys, 9-10 Girls, 9-10 Boys

### **400 M Dash FINAL**

13-14 Girls, 13-14 Boys, 11-12 Girls, 11-12 Boys, 9-10 Girls, 9-10 Boys, 7-8 Girls, 7-8 Boys

### **200 M Dash FINAL**

13-14 Girls, 13-14 Boys, 11-12 Girls, 11-12 Boys, 9-10 Girls, 9-10 Boys, 7-8 Girls, 7-8 Boys

### **800 M Run FINAL**

13-14 Girls, 13-14 Boys, 11-12 Girls, 11-12 Boys, 9-10 Girls, 9-10 Boys

### **4x100 M Relay FINAL**

7-8 Girls, 7-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys

Once results are verified, winners will be announced, and awards can be picked up at the awards tent. A podium for photo opportunities will be available next to the information tent.