



VIKING CLASSIC

Friday, April 25th – Williams Stadium
Des Moines, Iowa

Meet Information

- Facility:** Williams Stadium – Des Moines, Iowa
Parking & stadium located on the corner of East 16th and Walker
- Track:** The track is 400m, 8 lane polyurethane all-weather surface.
Up to ¼” pyramid spikes may be worn.
- Throws:** Located directly west of the stadium.
Venue Hammer, Shot, and Discus rings are concrete.
Javelin will be thrown off a grass runway.
- Entries:** Unlimited entries in all individual and relay events.
Entries will be done online (*Entry link will be sent at a later time*)
Entries are due at 11:00pm on Tuesday, April 22nd
- Entry Fee:** \$125 per gender (\$250 men & women combined)
Make Checks Payable to: Grand View Track & Field
- Weigh Ins:** Weigh ins will take place at the throws venue equipment shed from 10:45am-11:30am.
All implements need to be certified prior to competition.
- Team Camps:** Please keep all team camps in the stadium seating.
This will allow athletes to warm up on the field-turf infield.
- Restrooms:** Restrooms are available under the east & west sides of the stadium.
- Trainer:** We will have a certified athletic trainer on site and have ice and water available for all competitors.
- Timing:** Finish Lynx (FAT) w/HyTek meet manager software



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Schedule of Events

FIELD EVENTS

NOON	Long Jump	Men followed by Women
	High Jump	Women followed by Men
	Pole Vault	Women followed by Men
	Shot Put	Women followed by Men
	Hammer	Men followed by Women
	Javelin	Men followed by women
	Triple Jump (at conclusion of Long Jump)	Men followed by Women
	Discus (at conclusion of Hammer)	Men & Women (two rings)

RUNNING EVENTS – (All Running Events are Timed Finals)

2:00pm	4x100m Relay	W
	4x100m Relay	M
	3,000m Steeplechase	W
	3,000m Steeplechase	M
	100m Hurdles	W
	110m Hurdles	M
	100m Dash	W
	100m Dash	M
	400m Dash	W
	400m Dash	M
	1500m Run	W
	1500m Run	M
	400m Hurdles	W
	400m Hurdles	M
	800m Run	W
	800m Run	M
	200m Dash	W
	200m Dash	M
	5,000m Run	W
	5,000m Run	M
	4x800m Relay	W
	4x800m Relay	M
	4x400m Relay	W
	4x400m Relay	M