



Grand View – Viking Relays

Saturday, March 21st – Williams Stadium
Des Moines, Iowa

Meet Information

- Facility:** Williams Stadium – Des Moines, Iowa
Parking & stadium located at 1540 Walker St.
- Track:** 400m, 8 lane all-weather track, new track surface installed Summer of 2020
Up to ¼” pyramid spikes may be worn.
- Throws:** Located 100m directly west of the stadium.
Venue Hammer, Shot, and Discus rings are concrete.
- Entries:** Unlimited entries in all individual and relay events.
Entries will be done online through Direct Athletics
Entries are due at 12pm on Thursday, March 19th
-Only College athletes will be eligible to compete in finals
- Entry Fee:** \$300 per gender (\$600 men & women combined) \$30 per athlete. 10 athletes make up a
- Entry fees will be paid through Direct Athletics ONLY.
 - All entry fees are non-refundable and based upon number of athletes entered at the entry deadline.
- Weigh Ins:** Weigh ins will take place at the throw’s venue equipment shed from 8:30am-9:30am.
All implements need to be certified prior to competition.
- Team Camps:** Team camps can be set up in the stadium seating on either side of the facility.
No team camps on the infield, please leave the infield open for our warm-up area.
- Bus Parking:** Teams traveling with buses, please park and drop off athletes along Walker St.
Athlete Drop: Buses will not be allowed in the stadium parking lot.
- Restrooms:** Restrooms are available under the east & west sides of the stadium
- Trainer:** We will have a certified athletic trainer on site. Please bring your own supplies for taping
- Timing:** AccuRace: Finish Lynx w/Hy-Tek meet manager software
www.accur
- Meet Director:** Miradieu Joseph – Head Track & Field Coach
O-515-263-6048
C-319-504-1231
mjoseph@grandview.edu



Grand View - Viking Relays

Saturday, March 22nd– Williams Stadium

Des Moines, Iowa

FIELD EVENTS

JUMPS:

11am	Long Jump	Men followed by Women
	Triple Jump	Men followed by Women <i>*(at conclusion of Long Jump)</i>
10:30am	High Jump	Women followed by Men
	Pole Vault	Women followed by Men <i>*(at conclusion of High Jump)</i>

THROWS:

10am	Hammer	Women followed by Men
		<i>*Discus after hammer- Women followed by Men</i>
10am	Shot Put	Men followed by Women
11am	Javelin	Men followed by Women

RUNNING EVENTS – (All Running Events are Timed Finals)

10:00am	5,000m Race Walk	M/W Combined
11:00am	10,000m Run	M/W Combined
12:00pm	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