

# USATF MASTERS OUTDOOR CHAMPIONSHIPS - AMES, IA 2021

**7/22**

## **THURSDAY PENTATHLON**

8:00 AM	Pentathlon: #1 M70-94 Long Jump	Finals
8:15 AM	Pentathlon: #1 W60-89 80 Short Hurdles	Finals
8:45 AM	Pentathlon: #1 W40-59 80 Short Hurdles	Finals
9:00 AM	Pentathlon: #1 M60-69 Long Jump	Finals
10:00 AM	Pentathlon: #1 M55 Long Jump	Finals
11:00 AM	Pentathlon: #1 M50 Long Jump	Finals
1:15 PM	Pentathlon: #1 M30-49 Long Jump	Finals

**7/22**

## **THURSDAY FIELD**

8:00 AM	W30-59 Hammer	Finals
8:00 AM	M60-69 Shot Put	Finals
9:30 AM	M50-59 Shot Put	Finals
9:30 AM	W60 Hammer	Finals
10:15 AM	W65-74 Hammer	Finals
11:45 AM	W75-94 Hammer	Finals
12:30 PM	M30-49 Shot Put	Finals
1:00 PM	W35-59 Weight	Finals
1:45 PM	M70-79 Shot Put	Finals
2:30 PM	W60-74 Weight	Finals
3:00 PM	M80-94 Shot Put	Finals
4:00 PM	W75-94 Weight	Finals

**7/22**

## **THURSDAY TRACK**

7:30 AM	M80-94 5000 m	Finals
7:30 AM	W60-89 5000 m	Finals
9:05 AM	M65-79 5000 m	Finals
9:45 AM	M55-64 5000 m	Finals
10:15 AM	W30-59 5000 m	Finals
10:45 AM	M30-54 5000 m	Finals
11:30 AM	W60 400 m	Prelims
11:40 AM	M70 400 m	Prelims
11:50 AM	M60 400 m	Prelims
12:05 PM	M55 400 m	Prelims
12:15 PM	M50 400 m	Prelims
12:25 PM	M45 400 m	Prelims
12:45 PM	M40 400 m	Prelims

<b>7/23</b>	<b>FRIDAY TRACK</b>
8:00 AM	W30-79 5000 m Race Walk
8:45 AM	M30-94 5000 m Race Walk
9:30 AM	M70 80 Short Hurdles 30"
9:40 AM	M65 100 Short Hurdles 33"
9:45 AM	M60 100 Short Hurdles 33"
10:00 AM	W65-89 2000 m Steeplechase
10:20 AM	M70-94 2000 m Steeplechase
10:40 AM	W40-64 2000 m Steeplechase
10:55 AM	M60-69 2000 m Steeplechase
11:15 AM	M50-59 3000 m Steeplechase
11:30 AM	M35-49 3000 m Steeplechase
11:45 AM	W80 400 m
11:49 AM	W75 400 m
11:53 AM	W70 400 m
11:57 AM	W65 400 m
12:01 PM	W60 400 m
12:05 PM	W55 400 m
12:09 PM	W50 400 m
12:13 PM	W45 400 m
12:17 PM	W40 400 m
12:21 PM	W30-39 400 m
12:25 PM	M85-99 400 m
12:29 PM	M80 400 m
12:33 PM	M75 400 m
12:37 PM	M70 400 m
12:41 PM	M65 400 m
12:45 PM	M60 400 m
12:49 PM	M55 400 m
12:53 PM	M50 400 m
12:57 PM	M45 400 m
1:01 PM	M40 400 m
1:05 PM	M35 400 m
1:09 PM	M30 400 m
1:30 PM	W70-89 80 Short Hurdles 27"
1:34 PM	W65 80 Short Hurdles 27"
1:38 PM	W60 80 Short Hurdles 27"
1:42 PM	M80-89 80 Short Hurdles 27"
1:52 PM	M75 80 Short Hurdles 30"
1:56 PM	M70 80 Short Hurdles 30"
2:00 PM	W55 80 Short Hurdles 30"
2:04 PM	W50 80 Short Hurdles 30"
2:10 PM	W45 80 Short Hurdles 30"
2:14 PM	W40 80 Short Hurdles 30"
2:24 PM	M65 100 Short Hurdles 33"
2:28 PM	M60 100 Short Hurdles 33"
2:35 PM	W25-39 100 Short Hurdles 33"
2:42 PM	M55 100 Short Hurdles 36"
2:46 PM	M50 100 Short Hurdles 36"
2:56 PM	M45 110 Short Hurdles 39"
3:00 PM	M40 110 Short Hurdles 39"
3:04 PM	M25-39 110 Short Hurdles 39"

<b>7/23</b>	<b>FRIDAY TRACK (Continued)</b>
Finals	3:15 PM W60 100 m Prelims
Finals	3:20 PM W55 100 m Prelims
Prelims	3:25 PM W50 100 m Prelims
Prelims	3:27 PM W35 100 m Prelims
Prelims	3:29 PM M80 100 m Prelims
Finals	3:31 PM M75 100 m Prelims
Finals	3:33 PM M70 100 m Prelims
Finals	3:40 PM M65 100 m Prelims
Finals	3:50 PM M60 100 m Prelims
Finals	3:55 PM M55 100 m Prelims
Finals	4:05 PM M50 100 m Prelims
Finals	4:10 PM M45 100 m Prelims
Finals	4:20 PM M40 100 m Prelims
Finals	4:25 PM M35 100 m Prelims
Finals	4:30 PM M30 100 m Prelims
Finals	5:00 PM Shuttle Hurdle Relay Finals
<b>7/23</b>	<b>FRIDAY FIELD</b>
Finals	8:00 AM M65 Javelin Finals
Finals	8:00 AM W75-94 Discus Finals
Finals	8:00 AM W45-54 Long Jump Finals
Finals	8:30 AM M25-49 Hammer Finals
Finals	9:15 AM M75-94 Triple Jump Finals
Finals	9:15 AM M60 Javelin Finals
Finals	9:30 AM M50-59 Hammer Finals
Finals	9:30 AM W65-74 Discus Finals
Finals	9:30 AM W55-64 Long Jump Finals
Finals	10:00 AM M50-59 Pole Vault Finals
Finals	10:15 AM M65 High Jump Finals
Finals	10:15 AM M80-99 Javelin Finals
Finals	10:30 AM M60 High Jump Finals
Finals	10:45 AM M70 Triple Jump Finals
Finals	11:00 AM W65-94 Long Jump Finals
Finals	11:00 AM W60 Discus Finals
Finals	11:00 AM M25-49 Weight Finals
Finals	11:45 AM M70-79 Javelin Finals
Finals	12:15 PM M50-59 Weight Finals
Finals	12:30 PM M60-69 Triple Jump Finals
Finals	12:30 PM W25-44 Long Jump Finals
Finals	12:30 PM W50-59 Discus Finals
Finals	12:30 PM M70 High Jump Finals
Finals	1:00 PM M75-89 High Jump Finals
Finals	1:00 PM M25-49 Pole Vault Finals
Finals	2:00 PM W25-49 Discus Finals

**7/24****SATURDAY TRACK**

7:30 AM	W55-89 10000 m	Finals
7:30 AM	M70-89 10000 m	Finals
8:45 AM	M60-69 10000 m	Finals
8:45 AM	W30-54 10000 m	Finals
9:30 AM	M30-59 10000 m	Finals
10:15 AM	W80-89 100 m	Finals
10:18 AM	W75 100 m	Finals
10:21 AM	W70 100 m	Finals
10:24 AM	W65 100 m	Finals
10:27 AM	W60 100 m	Finals
10:30 AM	W55 100 m	Finals
10:33 AM	W50 100 m	Finals
10:36 AM	W45 100 m	Finals
10:39 AM	W40 100 m	Finals
10:41 AM	W35 100 m	Finals
10:44 AM	W25-34 100 m	Finals
11:00 AM	M85-99 100 m	Finals
11:03 AM	M80 100 m	Finals
11:06 AM	M75 100 m	Finals
11:09 AM	M70 100 m	Finals
11:12 AM	M65 100 m	Finals
11:15 AM	M60 100 m	Finals
11:18 AM	M55 100 m	Finals
11:21 AM	M50 100 m	Finals
11:24 AM	M45 100 m	Finals
11:27 AM	M40 100 m	Finals
11:30 AM	M35 100 m	Finals
11:33 AM	M30 100 m	Finals
11:37 AM	M25-29 100 m	Finals
11:45 AM	W70-89 800 m	Finals
11:55 AM	W60-69 800 m	Finals
12:03 PM	W55 800 m	Finals
12:11 PM	W50 800 m	Finals
12:19 PM	W40-49 800 m	Finals
12:27 PM	W25-39 800 m	Finals
12:35 PM	M80-99 800 m	Finals
12:45 PM	M75 800 m	Finals
12:53 PM	M70 800 m	Finals
1:05 PM	M65 800 m	Finals
1:13 PM	M60 800 m	Finals
1:28 PM	M55 800 m	Finals
1:38 PM	M50 800 m	Finals
1:45 PM	M45 800 m	Finals
1:52 PM	M40 800 m	Finals
2:03 PM	M35 800 m	Finals
2:10 PM	M30 800 m	Finals

**7/24****SATURDAY TRACK (Continued)**

<b>2:15 PM</b>	<b>Hall of Fame Ceremony</b>	
2:30 PM	M65 300 Long Hurdles 30'	Prelims
2:35 PM	M60 300 Long Hurdles 30'	Prelims
2:45 PM	W70 200 m	Prelims
2:47 PM	W60 200 m	Prelims
2:54 PM	W55 200 m	Prelims
3:00 PM	W50 200 m	Prelims
3:02 PM	M70 200 m	Prelims
3:08 PM	M65 200 m	Prelims
3:15 PM	M60 200 m	Prelims
3:28 PM	M55 200 m	Prelims
3:35 PM	M50 200 m	Prelims
3:45 PM	M45 200 m	Prelims
3:50 PM	M40 200 m	Prelims
4:00 PM	M30 200 m	Prelims
4:10 PM	4 x 800 Relays	

**7/24****SATURDAY FIELD**

8:00 AM	W60-94 Triple Jump	Finals
8:00 AM	W25-49 Javelin	Finals
8:00 AM	M55 Long Jump	Finals
8:00 AM	M25-49 Discus	Finals
8:00 AM	M80-94 Hammer	Finals
9:00 AM	M60 Pole Vault	Finals
9:00 AM	M70-79 Hammer	Finals
9:15 AM	M50 Long Jump	Finals
9:30 AM	M55 Discus	Finals
9:30 AM	W50-59 Javelin	Finals
10:00 AM	W25-59 Triple Jump	Finals
10:00 AM	W60-89 High Jump	Finals
10:30 AM	M60-69 Hammer	Finals
10:45 AM	M45 Long Jump	Finals
11:00 AM	M65 Pole Vault	Finals
11:00 AM	M50 Discus	Finals
11:00 AM	W60 Javelin	Finals
11:45 AM	M80-94 Weight	Finals
12:00 PM	M25-44 Long Jump	Finals
12:00 PM	W65-74 Javelin	Finals
12:45 PM	W25-59 High Jump	Finals
12:45 PM	M70-79 Weight	Finals
1:00 PM	M70-89 Pole Vault	Finals
1:30 PM	W75-94 Javelin	Finals
2:00 PM	M60-69 Weight	Finals

**7/25**

6:30 AM	<b>M30-94 10K m Race Walk</b>	Finals
6:30 AM	<b>W30-79 10K m Race Walk</b>	Finals

**7/25****SUNDAY ROAD****SUNDAY TRACK**

8:00 AM	W70-94 1500 m	Finals
8:15 AM	W60-69 1500 m	Finals
8:30 AM	W55 1500 m	Finals
8:40 AM	W50 1500 m	Finals
8:48 AM	W25-49 1500 m	Finals
8:56 AM	M75-99 1500 m	Finals
9:11 AM	M70 1500 m	Finals
9:19 AM	M65 1500 m	Finals
9:27 AM	M60 1500 m	Finals
9:35 AM	M55 1500 m	Finals
9:43 AM	M50 1500 m	Finals
9:51 AM	M45 1500 m	Finals
9:59 AM	M40 1500 m	Finals
10:05 AM	M30-39 1500 m	Finals
10:30 AM	W70-89 200 Long Hurdles 27"	Finals
10:34 AM	M80-89 200 Long Hurdles 27"	Finals
10:40 AM	M75 300 Long Hurdles 27"	Finals
10:44 AM	M70 300 Long Hurdles 27"	Finals
10:48 AM	W65 300 Long Hurdles 27"	Finals
10:52 AM	W60 300 Long Hurdles 27"	Finals
11:05 AM	M65 300 Long Hurdles 30"	Finals
11:09 AM	M60 300 Long Hurdles 30"	Finals
11:13 AM	W50-59 300 Long Hurdles 30"	Finals
11:20 AM	W40-49 400 Long Hurdles 30"	Finals
11:24 AM	W25-39 400 Long Hurdles 30"	Finals
11:31 AM	M55 400 Long Hurdles 33"	Finals
11:34 AM	M50 400 Long Hurdles 33"	Finals
11:45 AM	M45 400 Long Hurdles 36"	Finals
11:49 AM	M40 400 Long Hurdles 36"	Finals
11:53 AM	M25-39 400 Long Hurdles 36"	Finals
12:15 PM	W80-94 200 m	Finals
12:19 PM	W75 200 m	Finals
12:23 PM	W70 200 m	Finals
12:27 PM	W65 200 m	Finals
12:31 PM	W60 200 m	Finals
12:35 PM	W55 200 m	Finals
12:39 PM	W50 200 m	Finals
12:43 PM	W45 200 m	Finals
12:47 PM	W40 200 m	Finals
12:51 PM	W35 200 m	Finals
12:55 PM	W25-34 200 m	Finals

**7/25****SUNDAY TRACK (Continued)**

1:00 PM	M85-99 200 m	Finals
1:05 PM	M80 200 m	Finals
1:09 PM	M75 200 m	Finals
1:13 PM	M70 200 m	Finals
1:17 PM	M65 200 m	Finals
1:21 PM	M60 200 m	Finals
1:25 PM	M55 200 m	Finals
1:29 PM	M50 200 m	Finals
1:33 PM	M45 200 m	Finals
1:37 PM	M40 200 m	Finals
1:41 PM	M35 200 m	Finals
1:45 PM	M30 200 m	Finals
1:49 PM	M25-29 200 m	Finals
2:15 PM	4x100 Relays	Finals
2:30 PM	4x400 Relays	Finals

**7/25****SUNDAY FIELD**

8:00 AM	M75-94 Long Jump	Finals
8:00 AM	M30-49 Triple Jump	Finals
8:00 AM	W65-74 Shot Put	Finals
8:30 AM	M60-69 Discus	Finals
8:30 AM	M55 Javelin	Finals
9:00 AM	W30-59 Pole Vault	Finals
9:30 AM	W60 Shot Put	Finals
9:40 AM	M70 Long Jump	Finals
9:40 AM	M50 Javelin	Finals
9:45 AM	M55 Triple Jump	Finals
9:45 AM	M25-49 High Jump	Finals
10:15 AM	M70-79 Discus	Finals
10:30 AM	W75-94 Shot Put	Finals
11:00 AM	M45 Javelin	Finals
11:15 AM	M65 Long Jump	Finals
11:15 AM	M50 Triple Jump	Finals
11:45 AM	W60-89 Pole Vault	Finals
11:45 AM	W50-59 Shot Put	Finals
12:00 PM	M80-99 Discus	Finals
12:15 PM	M25-44 Javelin	Finals
12:30 PM	M60 Long Jump	Finals
12:30 PM	M50-59 High Jump	Finals
1:00 PM	W30-49 Shot Put	Finals