2025 Live Healthy Iowa Kids Track Championships
Order of Events
Clear Lake, Iowa
Saturday, June 14, 2025

FIELD EVENTS (Check-in 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 Boys Softball Throw
7-8 Girls Softball Throw	7-8 Boys Standing Long Jump
9-10 Girls Standing Long Jump	9-10 Boys Softball Throw
9-10 Girls Softball Throw	9-10 Boys Standing Long Jump
11-12 Girls Standing Long Jump	11-12 Boys Softball Throw
11-12 Girls Softball Throw	11-12 Boys Standing Long Jump
13-14 Girls Standing Long Jump	13-14 Boys Softball Throw
13-14 Girls Softball Throw	13-14 Boys Standing Long Jump

1st SESSION RUNNING EVENTS - 9:30 am (Preliminary events will determine the 8 finalists for the 2nd 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 - 10:30 am (Athletes should report to the north end zone of the football field and wear LHIK Track T-shirt.)

2nd SESSION RUNNING EVENTS - Immediately following the Parade of Athletes

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

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

800 M Run FINAL
13-14 Girls, 13-14 Boys, 11-12 Girls, 11-12 Boys, 9-10 Girls, 9-10 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

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.