

Northern State Open
MEET SCHEDULE
Tuesday, March 26, 2024

FIELD EVENTS

2:00 pm Girl's shot put (top 8 to finals) West Ring
2:00 pm Boy's shot put (top 8 to finals) East Ring
2:00 pm Boy's and Girl's high jump – (2 pits) (Boy's Maroon Pit) (Girls Pink Pit)
2:00 pm Boy's pole vault
Followed by Girl's Pole Vault
2:00 pm Girl's long jump
Followed by Boy's long jump
Followed by Girl's triple jump
Followed by Boy's triple jump

TRACK EVENTS Running Events at 3:30 (Estimated Times – will have a rolling time schedule)

Girl's 55m dash – prelims (top 8 to finals based on time)
Boy's 55m dash - prelims (top 8 to finals based on time)
Girl's 55m hurdles – prelims (top 8 to finals based on time)
Boy's 55m hurdles – prelims (top 8 to finals based on time)
Girl's 800 run – finals against time
Boy's 800 run – finals against time
Girl's 400m dash – finals against time
Boy's 400m dash – finals against time
Boy's 55m dash – finals (top 8)
Girl's 55m dash – finals (top 8)
Girl's 55m hurdles – finals (top 8)
Boy's 55m hurdles – finals (top 8)
Girl's 200m dash – finals against time
Boy's 200m dash – finals against time
Girl's 1600m run – finals against time
Boy's 1600m run – finals against time
Girl's 4 x 400m relay – finals against time
Boy's 4 x 400m relay – finals against time

Questions please contact Lynne Dingman
Lynne.dingman@northern.edu
605-216-7167

Northern State Open Meet Information

Date/Time: March 26th, 2024
Field Events: 2:00
Running Events: 3:30

Location: Northern State University – Barnett Center
1200 S. Jay St, Aberdeen, SD 57401

Entry Fee: \$150 per gender, \$300 per school
Individual entries \$20 per athlete
Please make checks payable to NSU TF. Can mail or bring day of:
NSU TF C/O Coach Dingman 1200 S Jay St Aberdeen, SD 57401

Entry Deadline: Monday, March 25th at noon.

Entry Limit: Traditionally Tuesday, March 26 meet is our largest meet – we start a little earlier for this meet!
5 in LJ/TJ. Please avoid over entering/scratching athletes when possible.
*Pending entry size – we may not have finals for LJ/TJ. *We may only do a timed final for 55/55H pending how many entries we have.

Seeding: We ask you to please seed your more competitive athletes so the final heats are the most competitive. Please put down **true** marks from last season.

Awards: T-shirts will be given out to each event winner

Entry Info: Please enter your team through athletic.net
How to enter: https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet?utm_campaign=header&utm_source=header&utm_medium=search

Event Check-In: **Field Events:** Please check-in to event competition site before last call.
Running Events: Please check-in at the NE corner of the track 30 minutes prior.

Coaches Meeting: There will be a short coachings meetings prior to the start of the meet. Tentatively 2:45 in the middle Of the Basketball Court.

Sports Medicine: No athletic trainer or supplies will be available.

Spikes: Only ¼ or shorter Pyramid Spikes Allowed.

Timing: Fully Automatic Timing System will be used.

Results: Will be posted on www.Athletic.net

Warm Up: The Barentt Center will be available for warm-ups starting at 1:00 PM. **Please stay off the Basketball Court!**

Team Camps: Team camps will be assigned upon arriaval. We ask that athletes who are not competing remain at the camp area unless competing or warming up for an event.

Concessions: Will be available.

Spectator Info: \$5.00 per person, K-12 Free.

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