

2020 BISON OPEN
FEBRUARY, 7-8
SHELLY ELLIG INDOOR TRACK AND FIELD FACILITY
FINAL

Friday, February, 7th

2:50PM National Anthem

Women's Pentathlon

3:00PM	60M Hurdles	4 sections
3:45PM	High Jump	1 Pit
TBD	Shot Put	1 Ring
TBD	Long Jump	1 Pit
TBD	800m	1 section

Men's Heptathlon

3:30PM	60M Dash	4 Sections
4:10PM	Long Jump	2 Pits
5:25PM	Shot Put	2 rings
6:30PM	High Jump	2 Pits

Field Events

2:30PM	Weight Throw	4 flights	Men
*Scratch line will be placed at 12M. First legal throw will be marked.			
5:30PM	Weight Throw	3 flights	Women
*Scratch line will be placed at 12M. First legal throw will be marked.			
5:00PM	Pole Vault		Women
Bar Progression 3.01, 3.16, 3.46, 3.61, 3.76, 3.86, 3.96, 4.06, 4.16....			

Running Events

6:30PM	600m Run	Final	Men/4 sections	Women/4 sections
6:55PM	1000m Run	Final	Men/2 sections	Women/2 sections
7:20PM	300m Dash	Final	Men/3 sections	Women/3 sections
7:45PM	DMR	Final	Women	

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Saturday, February, 8th

Heptathlon

10:00AM	60M Hurdles	6 Sections
10:55AM	Pole Vault	2 Pits High pit/Low Pit
TBD	1000M	

Field Events

1:00PM	High Jump	23 Athletes	Women
Bar Progression 1.48, 1.53., 1.58, 1.63, 1.68, 1.73, 1.77, 1.80, 1.83...			
1:00PM	Shot Put	4 flights	Men
2:00PM	Long Jump	3 flights	Men
2:00PM	Long Jump	3 flights	Women
Bar Progression 4.06, 4.21, 4.36, 4.51, 4.66, 4.81, 4.94, 5.04, 5.14, 5.24			
3:00PM	Pole Vault	21 Athletes	Men
4:00PM	High Jump	18 Athletes	Men
Bar Progression 1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.20			
4:00PM	Shot Put	3 flights	Women
4:30PM	Triple Jump	2 flights	Men
4:30PM	Triple Jump	2 flights	Women

Running Events

11:55AM	National Anthem			
12:00PM	3K Unseeded	Final	Men-Women	Sections 2
12:30PM	Mile Unseeded	Final	Men-Women	Sections 2
12:45PM	5K	Final	Men-Women	
2:00PM	60M Hurdles	Prelims	Men-Women	
2:20PM	60M Dash	Prelims	Men-Women	
2:55PM	Mile Run	Final	Men-Women	Section 1
3:10PM	60M Hurdles	Final	Men-Women	
3:20PM	400M Dash	Final	Men-Women	
4:00PM	60M Dash	Final	Men-Women	
4:10PM	Little Bison 60M Dash			
4:15PM	800M Run	Final	Men-Women	
4:45PM	200M Dash	Final	Men-Women	
5:45PM	3000M Run	Final	Men-Women	Section 1
6:05PM	NDSU Senior Recognition			
6:15PM	Little Bison 1 Lap Run			
6:20PM	4 x 400m Relay	Final	Men-Women	