



2025 Bison Open
February 7-8
Shelly Ellig Indoor Track and Field Facility

Entries:

- Unlimited entries, including relays. We will try to accommodate each school's requests in the field events.
- **Unattached athletes are welcome, they must enter online using athletic.net**
- Horizontal jumps and throwing event competitors will receive three preliminary attempts. The top **nine** competitors (rule 6-2.5) from the preliminary round will receive three more jumps/throws in the final.

Entry Procedures:

- **NEW THIS YEAR! Entries will be done on Athletic.net.** You should see the invite on athletic.net when you login. If you do not see an invite, please contact Ryan at herostiming@gmail.com to be added to the meet.
- Entry deadline: Wednesday, February 5th @ 7:00pm

Entry Fees:

- \$50.00 per athlete and/or relay, not to exceed \$350 per team. Combined team entry fee not to exceed \$700 for dual gender programs.
- Payment will only be accepted online

Seeding:

- **We will follow the NCAA seeding rules**
- **NCAA Rule 4-2.3 Misconduct:** Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

Team Seating/Team Camps:

Friday: will be at the Shelly Ellig Indoor Track and Field facility. IPF will be available at 4:00pm

Saturday: will be at IPF (Indoor practice football facility). Doors open at 12:00pm, the north east door will be open.

- Please set up your team camp along the wall outside of the FB field
- Please do not bring catered food into the IPF only drinks and snack are allowed

Warm-Up Area:

- Saturday Warm-ups area will be located at the Football Indoor Performance Complex (across the street from the indoor track).
- Water Coolers will be available at the Football Indoor Performance Complex.
 - **Friday all Warm-ups will be at the Indoor Track until after 4pm**
 - **Saturday the Performance Complex will open at noon**

Event Areas:

- In conclusion of warm-ups, only competitors in the active flight are allowed on the infield. Once you are finished competing, you will be asked to leave the infield.
- **ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD!**

Coaching Boxes:

- Coaching boxes will be clearly marked. Please keep your coaching staff in that area.

Event Check-In:

- **Track Events** - Check in 30 minutes prior to your event at the hip number table located on the north end. 5 minutes prior to your event, report to the clerk of the course at the start area. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.**
 - 200m and 400m will be seeded 10min prior to the start of the event. Please check in 30min before the scheduled start time
- **Field Event Athletes** - Contestants should check-in with the head official at their event, no later than 15 minutes prior to their event. Only the first flight will be allowed to use the competition area for warm up. Each additional flight we be giving 10-15min to warm up in the competition area.

Implement Certification:

- Certification will open 90 minutes prior to the first throwing event and close 15 minutes prior to the start of the first throwing event.
- All implements in both the weight throw and shot put will be checked-in by the Weights and Measures Certifying Official. Please have all implements checked in 15 minutes prior to the start of the first throwing event.

Lanes:

- For the 60m Dash and 60m Hurdles, preferred lanes are 4-5-3-6-2-7-1-8.
- For the 200m and 400m, Lanes 3-6 will be used. Preferred lanes are: 7-8-6-5-4-3-2-1

Results:

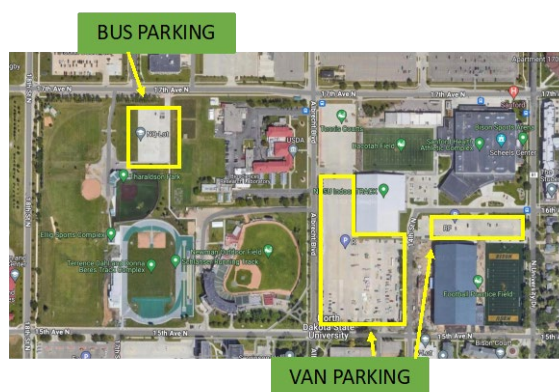
- Results will be available online on athletic.net or herostiming.com

Athletic Trainers:

- NDSU athletic training staff will be located adjacent to the finish area.

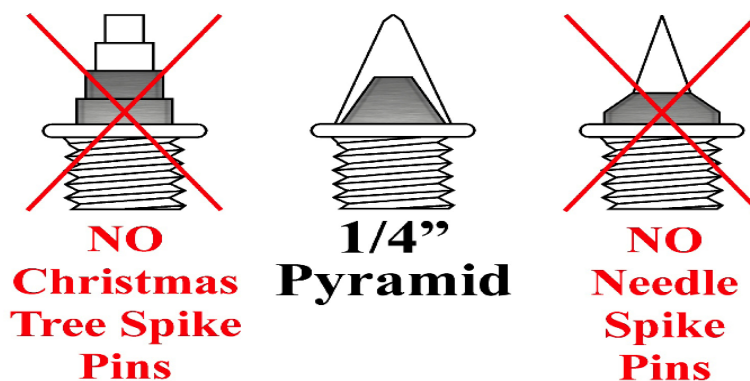
Team Parking:

- Buses and vans can drop off at the main entrance located on the east side of the facility Buses must park in NQ lot. Vans Parking is in RF or R Lot



Facility Restrictions:

- The use of ¼" pyramid spikes will be enforced. High Jump spikes with the recessed spike elements will be allowed to use 3/8" spikes.
- No marking chalk will be allowed on track or runway.
- **No headphones will be allowed on the infield or the track**
- Only competing student athletes will be allowed on the infield



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Friday, February 7

Women's Pentathlon

12:30 pm	60m Hurdles
TBD	High Jump
TBD	Shot Put
TBD	Long Jump
TBD	800m Run

Men's Heptathlon

12:00 pm	60m Dash
TBD	Long Jump
TBD	Shot Put
TBD	High Jump

Field Events

1:00pm	Weight Throw	Final	Men-Women
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****Top 16 entries will throw in the first flight with the top 9 moving on to finals following that flight. All other flights will follow, any mark over the 9th best throw will receive 3 additional throws.***

3:00pm	Pole Vault	Final	Women
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Running Events

****we will finalize the time schedule for running events once the entries are in.***

3:30pm	3000m Run	Final	Men – Women
4:20pm	300m Run	Final	Men – Women
4:35pm	600m Run	Final	Men – Women
4:45pm	1000m Run	Final	Men – Women
5:00pm	200m Dash	Final	Men – Women
5:50pm	DMR	Final	Men – Women

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Saturday, February 8

Heptathlon

11:00AM Heptathlon 60m Hurdles
 11:45AM Heptathlon Pole Vault
 TBD Heptathlon 1000m

Field Events

***Pole Vault 45min following Hep. PV**

2:00pm	Long Jump	Final	Women East runway
2:00pm	Long Jump	Final	Men West Runway
2:00pm	High Jump	Final	Women – Men
2:00pm	Shot Put	Final	Women – Men

****Top 12 entries will throw in the first flight with the top 9 moving on to finals following that flight. All other flights will follow, any mark over the 9th best throw will receive 3 additional throws.***

Pole Vault	Following Hep. PV	Final	Men
*Triple Jump	30min following LJ		Men West Women East

Running Events

****we will finalize the time schedule for running events once the entries are in.***

2:30pm	60m Hurdle	Prelim	Men – Women
3:00pm	60m Dash	Prelim	Men – Women
3:40pm	Mile Run	Final	Men – Women
4:20pm	60m Hurdle	Final	Women- Men
4:35pm	60m Dash	Final	Women- Men
4:50pm	400m Dash	Final	Men – Women
5:20pm	Little Bison Thundar Dash		
5:30pm	800m Run	Final	Men – Women
5:55pm	Little Bison 1 Lap Run		
6:05pm	5000m Run	Final	Men – Women
6:40pm	4 x 400m	Final	Men – Women