



2025 NDSU Spring Classic
April 11
Terry and Donna Dahl Track and Field Facility
Updated 4/8/25

Teams:

- NDSU, UND, SDSU, Concordia, MSUM, UMary, Valley City, Minot State, Bemidji State, Jamestown, St. Cloud, Bismarck State, Dickinson State

Entries:

- All events will be unlimited entries.
- 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](https://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 April 9th @ 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:

- All races will be seeded as finals against time
- In the 200, 400, 800, mile, and 4x400m relay, heats will be run slow to fast
- In the LJ, TJ, SP, DT, JT, and HT, the top nine preliminary marks will advance to the finals (Rule 6-2.5).
- **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:

- Team camps should be set up in the West field located just west of the track.

Warm-Up Area:

- West field located just west of the track.
- Warm-up's can be done on the outside straight away lanes or on the track if no events are going on.



Event Check-In:

- **Track Athletes** - Check in 30 minutes prior to your event at the hip number table located on the Northwest end of the facility. Near the concession/bathroom building. Five minutes prior to your event, report to the clerk of the course at the event start area. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.**
- **Field Event Athletes** - Contestants should check-in with the head official at their event, no later than 30 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:

All implements will be checked-in by the Weights and Measures Certifying Official

- **Hammer area: Hammers only**
 - Open from 9:00am-9:45am
- **Track and Field Storage building**
 - Javelin 10:30am-11:30am
 - Shot Put/Discus drop off at storage shed 1:30-2:00pm
 - Implements will be impounded and delivered to the event area.

Lanes:

- For the 100, 200, 400, 800, Relays and hurdles, lanes 1-8 will be used.
- Preferred lanes are: 5-6-4-7-3-8-2-1 (200-400-800, 4x1, 4x2, 4x4)
- Preferred lanes are: 4,5,3,6,2,7,1,8 (100, 110h, 100h)

Team Parking:

- Buses and vans can drop off and Park in NQ lot North of the Softball Field

Team Entrance:

- Teams will enter the facility through the North Gate just south of the softball fields



Results:

- Results will also be available online at athletic.net

Athletic Trainers:

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

Facility Restrictions:

- The use of 1/4" pyramid spikes will be enforced. High Jump/Javelin spikes with the recessed spike elements will be allowed to use 3/8" spikes.
- No marking chalk will be allowed on track or runway.

Event Areas:

ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD! We will be throwing shot put, discus and javelin on the infield so we ask that no one uses the infield for warmups.

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Friday April 11th

Field Events:

10:00 a.m.	Hammer	Men followed by Women (North Field)
12:00 p.m.	Javelin	Men followed by Women (infield)
2:00 p.m.	Long Jump	Women East runway
2:00 p.m.	Long Jump	Men West runway
2:00 p.m.	Pole Vault	Men followed by women
3:30 p.m.	Discus	Men followed by women
3:30 p.m.	Shot Put	Women followed by Men (2 rings)
3:30 p.m.	Triple Jump	Women East runway
3:30 p.m.	Triple Jump	Men West runway
4:30 p.m.	High Jump	Men followed by women

Running Events:

****We will update the time schedule after entries close (Thursday afternoon)***

3 p.m.	3,000m steeplechase	Women followed by Men
	4 x 100m relay	Women followed by Men
	1500m run	Women followed by Men
	100m hurdles	Women
	110m hurdles	Men
	400m dash	Women followed by Men
	100m dash	Women followed by Men
	800m run	Women followed by Men
	400m hurdles	Women followed by Men
	200m dash	Women followed by Men
	5,000m run	Women followed by Men
	4 x 400m relay	Women followed by Men