

2025 NDSU Spring Classic
April 11

Terrence Dahl and Donna Beres Track Complex

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
4:00 p.m.	High Jump	Men followed by women

Running Events:

****We will not run more than 5 minutes ahead of schedule***

3:00 p.m.	3,000m steeplechase	Women followed by Men
3:25 p.m.	4 x 100m relay	Women followed by Men
3:35 p.m.	1500m run	Women followed by Men
4:00 p.m.	100m hurdles	Women
4:15 p.m.	110m hurdles	Men
4:25 p.m.	400m dash	Women followed by Men
4:45 p.m.	100m dash	Women followed by Men
5:15 p.m.	800m run	Women followed by Men
5:40 p.m.	400m hurdles	Women followed by Men
5:55 p.m.	200m dash	Women followed by Men
6:30 p.m.	5,000m run	Women followed by Men
7:00 p.m.	4 x 400m relay	Women followed by Men