

# Northern State Spring Open

April 24, 2021

## **Contact Information:**

### **Meet Director**

Lynne Dingman

[Lynne.Dingman@northen.edu](mailto:Lynne.Dingman@northen.edu)

## **Where:**

Al Sahli Track at Swisher Field Activities Complex  
2200 S. Roosevelt St.  
Aberdeen, SD 57401

## **Entries:**

Submit entries online at [www.directathletics.com](http://www.directathletics.com)

- Meet entry fees \$200 per gender or \$20 for individual paid via check
- Entries will open on Monday, 19 2021
- **Entries close on Thursday, April 22 at noon.**
- Heat/Flight sheets and final meet schedule will be emailed on Friday, April 23 2021

## **Rules:**

All NCAA rules will be followed.

## **Field Events:**

All field events will receive 3 attempts, with the Top-9 receiving an additional 3 attempts.

## **Check In:**

There will be a hiping table by the finish line. Please check-in at least 30min prior to your event.

## **Spikes:**

Only ¼" **Pyramid** spikes are allowed on all running and jumping surfaces.

## **Weigh In:**

Implement weigh-in will be located in the shed near the throwing area South of the track. Please have all implements weighed in upon arrival to the facility.

## **Parking:**

Parking is available in the high school parking lot – north of stadium.

## **Sports Med:**

There will be certified athletic trainers on site. Sports medicine area will be located at the North end of the Stadium. Please provide your own tape and pre-wrap. If any treatment is needed for athletes please contact Ariana Gutierrez, [Ariana.Gutierrez@wolves.northern.edu](mailto:Ariana.Gutierrez@wolves.northern.edu) or Shannan Curtin, [shannon.Curtin@northen.edu](mailto:shannon.Curtin@northen.edu) prior to the meet.

**Pre-Participation Screenings:** The visiting athletic trainer is responsible for pre-participation screenings the day of competition. To include temperature and symptoms check. This should take place prior to entering the facility. Any athlete reporting symptoms, and/or temperature above 100.4 will not be allowed to participate or enter the facility.

**Visiting Teams Testing Rules:** All teams will have to meet the NCA requirements for resocialization of sport for outdoor track & field. Any questions can be directed to Shannon Curtin [shannon.Curtin@northern.edu](mailto:shannon.Curtin@northern.edu). Wearing a mask and social distancing will be based on state and local Covid expectations.

**Spectators:** Spectators will be allowed at this event. We ask that you use social distance and mask up when you are in close contact with other people. No spectators will be allowed on the infield or in any competition area. Cost is \$5.00 per person.

# NSU Spring Open

## SCHEDULE

\*We may run up to 15 minutes ahead of schedule.\*

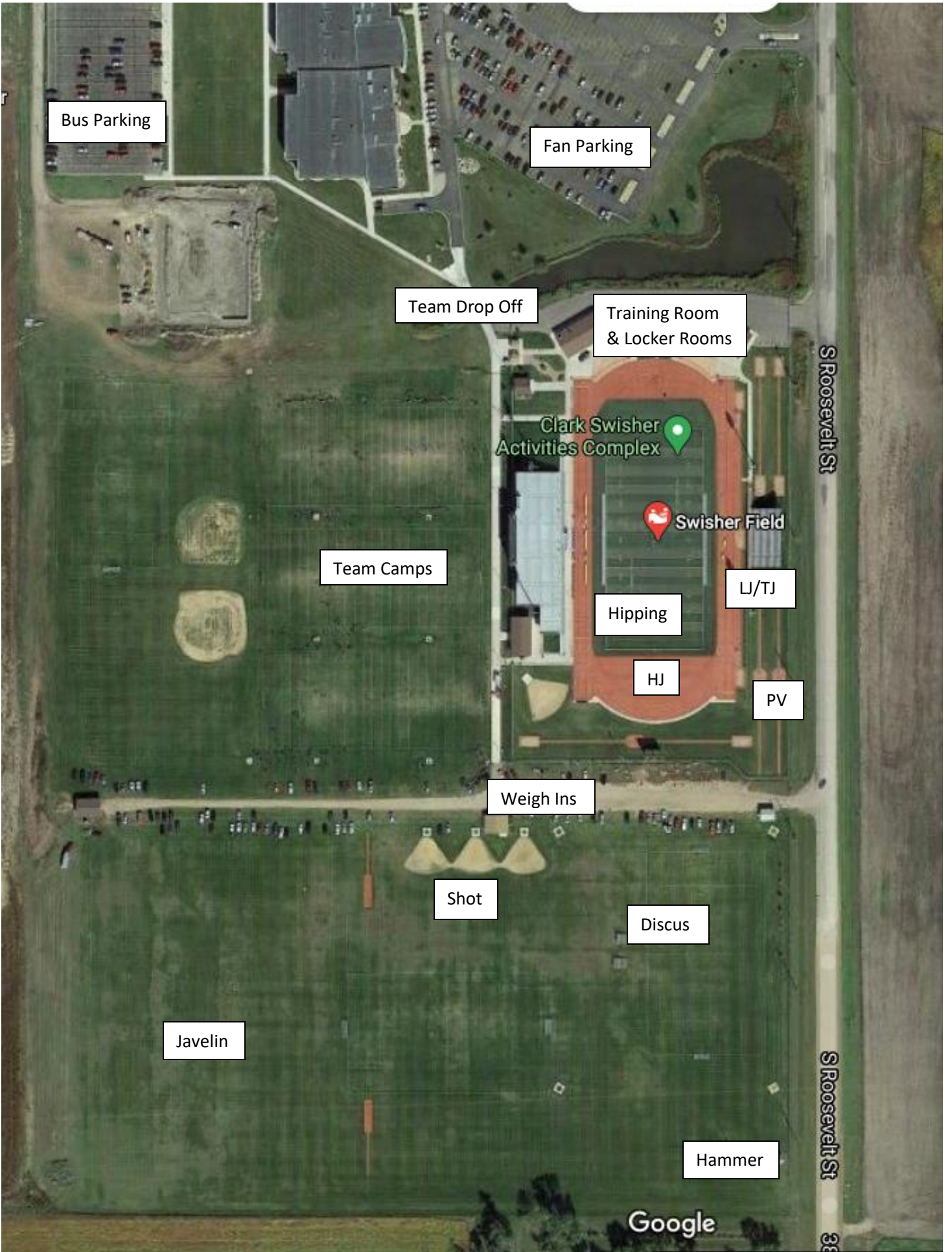
### Field

Time	Event	Section
12:00pm	Javelin Throw – MEN (2 Flights – Scratch line 120') *Women to follow (3 Flights – Scratch line 80') Hammer Throw – WOMEN (4 Flights – Scratch line 120') Men to follow - (4 Flights – Scratch line 120')	South Run way **practice on North Run way South Gage
	Long Jump – MEN *Women to follow – TJ to follow Conclusion of LJ (Men then Women) High Jump – WOMEN *Men to follow Pole Vault – Men * Women to follow	
3:00pm	Discus Throw – MEN (4 – Scratch Line 120') *Women to follow (4 – Scratch Line 100')	*NE Ring pending on wind
4:00pm	Shot Put – WOMEN (4 – Scratch Line 35')	South Middle Ring
5:00pm	Shot Put – Men (4 – Scratch Line 40')	Stadium Ring

### Track

Time	Event	Section
1:00pm	10,000 Run - Men	Final
2:00pm	3000m Steeplechase – Men	Final
2:15pm	3000m Steeplechase – Women	Final
2:30pm	4x100 Meter Relay – Men	Final
2:35pm	4x100 Meter Relay – Women	Final
2:40pm	1500 Meter Run – Men	Final
2:45pm	1500 Meter Run – Women	Final
2:55pm	110 Meter Hurdles – Men	Final
3:00pm	100 Meter Hurdles – Women	Final
3:10pm	400 Meter Dash – Men	Final
3:20pm	400 Meter Dash – Women	Final
3:30pm	100 Meter Dash – Men	Final
3:40pm	100 Meter Dash – Women	Final
3:50pm	800 Meter Run – Men	Final
4:05pm	800 Meter Run – Women	Final
4:20pm	400 Meter Hurdles– Men	Final

4:35pm	400 Meter Hurdles– Women	Final
4:50pm	200 Meter Dash – Men	Final
5:00pm	200 Meter Dash – Women	Final
5:10pm	5000 Meter Run – Men	Final
5:30pm	5000 Meter Run – Women	Final
5:50pm	4x400 Meter Relay – Men	Final
6:00pm	4x400 Meter Relay – Women	Final



Bus Parking

Fan Parking

Team Drop Off

Training Room & Locker Rooms

Clark Swisher Activities Complex

Swisher Field

Team Camps

Hipping

LJ/TJ

HJ

PV

Weigh Ins

Shot

Discus

Javelin

Hammer

S Roosevelt St

S Roosevelt St

Google

33