

Northern State Vs Jamestown Dual

January 14, 2023

Contact Information:

Meet Director

Lynne Dingman

Lynne.Dingman@northern.edu

Where:

Barnett Center
1200 S Jay St.
Aberdeen, SD 57401

Entries:

Submit entries online at www.directathletics.com

- Entries will open on Wednesday January 2, 2023
- **Entries close on Thursday, January 12, 2023 at noon.**
- Heat/Flight sheets and final meet schedule will be emailed out on Friday, January 13.

High School Entries: Please email Coach Dingman lynne.dingman@northern.edu to enter in your races.
Cost is \$20.00 per athlete due upon arrival.

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.

Hipping:

A hipping table will be located on the inside of the track. Please report to the start line in ample time for your event.

Spikes:

Only $\frac{1}{4}$ " **Pyramid** spikes are allowed on all running and jumping surfaces.

Weigh In:

Implement weigh-in will be located in the Auxiliary gym on the 2nd floor of the Barnett Center.

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 Shannon Curtin (Shannon.curtin@northern.edu), prior to the meet.

SCHEDULE

We may run up to 5 minutes ahead of schedule.

High School events to follow college events.

Saturday Field

<i>Time</i>	<i>Event</i>	
11:00am	Weight Throw – WOMEN *Men to follow	Final
	Shot Put to follow Hammer – Women *Men to follow	Final
	Long Jump – MEN *Women to follow	Final
	Triple Jump to follow LJ – Men *Women to follow	Final
	High Jump – WOMEN *Men to follow	Final
	Pole Vault – WOMEN *Men to follow	Final

High School events to follow college events.

Saturday Track

<i>Time</i>	<i>Event</i>	<i>Section</i>
1:00pm	Men's Mile	Final
1:05pm	Women's Mile	Final
1:15pm	Men's 60 Hurdles	Final
1:25pm	Women's 60 Hurdles	Final
1:30pm	Men's 60	Final
1:35pm	Women's 60	Final
1:40pm	Men's 400	Final
1:45pm	Women's 400	Final
1:55pm	Men's 800	Final
2:05pm	Women's 800	Final
2:15pm	Men's 200	Final
2:25pm	Women's 200	Final
3:30pm	Men's 3000	Final
3:45pm	Women's 3000	Final
4:00pm	Men's 4x400	Final
4:05pm	Women's 4X400	Final

Scoring: Individual Events: 5-3-1 Relay: 5-3