

Dewey Donat Classic

April 20-21, 2024

Contact Information:

Meet Director

Lynne Dingman

Lynne.Dingman@northern.edu

Where:

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

Entries:

Submit entries online at [Athletic.net](https://athletic.net) (will be up soon!)

- Team: Free meet entry – Unattached \$20 per person
- Entries will open on Monday, April 1 2024
- **Entries close on Thursday, April 18 at noon.**

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. *Due to last year's high number of entries in the throws, adjustments may be made to the throwing schedule if needed.

Check In:

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

Parking:

Friday: Parking available on the south parking lot (next to the throws)

Saturday: Parking is available in the high school parking lot – north of stadium.
No parking will be available on the south parking lot on Saturday.

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.

Spectators:

Spectators will be allowed at this event. No spectators will be allowed on the infield or in any competition area.

Dewey Donat Classic

SCHEDULE

Saturday, 20

Men's Decathlon

2:00 100 meters
(2:45) Long Jump
(4:00) Shot Put
(5:15) High Jump
(6:30) 400 meters

Women's Heptathlon

2:30 100 Hurdles
(3:15) High Jump
(4:45) Shot Put
(6:00) 200

Field

2:00 **Discus** - Men *women to follow
2:00 **Hammer** - Men *Women to follow

Saturday

10:00 Women's Long Jump (Heptathlon)
10:00 Men's 110 Hurdles (Decathlon)
(11:00) Women's Javelin (Heptathlon)
(10:45) Men's Discus (Decathlon)
*(12:45) Women's 800 (Heptathlon)
(12:15) Men's Pole Vault (Decathlon)
(2:00) Men's Javelin (Decathlon)
*(3:20) Men's 1500 (Decathlon)

Field

Time	Event
12:00pm	Shot Put Women *Men to follow
12:00pm	High Jump Women * Men to follow
12:00pm	Long Jump Men *Women to follow
3:00pm	Javelin Throw – MEN *Women to follow
**3:00pm	Triple Jump – MEN *Women to follow **to follow LJ

Pole Vault *to follow Men's Decathlon - Women *Men to follow

Track *May run up to 10 mins ahead of schedule weather pending

<i>Time</i>	<i>Event</i>	<i>Section</i>
12:00pm	10K – Men	Final
~	<i>Women's Heptathlon 800</i>	
12:45pm	10K – Women	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
2:55pm	1500 Meter Run – Women	Final
3:10pm	110 Meter Hurdles – Men	Final
3:15pm	100 Meter Hurdles – Women	Final
~3:20pm	<i>Men's Decathlon 1500 meters</i>	<i>Final</i>
3:25pm	400 Meter Dash – Men	Final
3:35pm	400 Meter Dash – Women	Final
3:45pm	100 Meter Dash – Men	Final
4:00pm	100 Meter Dash – Women	Final
4:15pm	800 Meter Run – Men	Final
4:20pm	800 Meter Run – Women	Final
4:35pm	400 Meter Hurdles– Men	Final
4:40pm	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
5:55pm	4x400 Meter Relay – Men	Final
6:05pm	4x400 Meter Relay – Women	Final