

Northern State Vs Jamestown

January 15, 2026

Contact Information:

Meet Director

Lynne Dingman

Lynne.Dingman@northern.edu

Where:

Barnett Center
15th Ave SE
Aberdeen, SD 57401

Entries:

Submit entries online a Athletic.net

Entries close on Thursday, January 15, 2025 at 10:00 AM.

- Heat/Flight sheets will be available on athletic.net (Hero's timing)

****Unattached Athletes:** Will be allowed to compete in the meet. Cost is \$20.00 per athlete. You must Register on athletic.net. (they will not count for points in the meet)

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 self-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 ¼" **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 kyle.everson@northern.edu prior to the meet.

TENTATIVE SCHEDULE-

Pentathlon

12:00pm 60m Hurdles
 12:35pm High Jump
 2:00pm Shot (2 Rings)
 3:00pm Long Jump
 4:00pm 800m run

(Estimation of times)

Heptathlon

12:10pm 60m Dash
 12:45pm Long Jump
 1:45pm Shot (2 Rings)
 2:45pm High Jump

Friday AM Multi:

8:30am 60 Hurdles
 9:10am Pole Vault
 11:00am 1000m run

Field Events

<i>Time</i>	<i>Event</i>	
3:00pm	Weight Throw – WOMEN *Men to follow	Final
	Shot Put to follow – Women *Men to follow	Final
3:00pm	Pole Vault – Men *Women to follow	Final
(After multi)	Long Jump – Men *Women to follow	Final
	Triple Jump to follow LJ – Men *Women to follow	Final
(After multi)	High Jump – Women * Men to follow	Final

Running Events

<i>*Estimated Time</i>	<i>Event</i>	<i>Section</i>
6:00pm	Men's Mile	Final
6:10pm	Women's Mile	Final
6:25pm	Men's 55 Hurdles	Final
6:35pm	Women's 55 Hurdles	Final
6:40pm	Men's 1000	Final
6:45pm	Women's 1000	Final
6:50pm	Men's 55	Final
6:55pm	Women's 55	Final
7:00pm	Men's 400	Final
7:10pm	Women's 400	Final
7:20pm	Men's 800	Final
7:25pm	Women's 800	Final
7:35pm	Men's 200	Final
7:45pm	Women's 200	Final
7:55pm	Men's 3,000	Final
8:15pm	Women's 3,000	Final
8:30pm	Men's 4x400	Final
8:40pm	Women's 4X400	Final

Scoring: Individual Events: 5-3-2-1 Relay: 5-3