

# Northern State Vs Jamestown

## January 15, 2026

### Contact Information:

#### **Meet Director**

Lynne Dingman

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

#### Where:

Barnett Center  
15<sup>th</sup> Ave SE  
Aberdeen, SD 57401

#### Entries:

Submit entries online at [Athletic.net](https://athletic.net)

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

- Heat/Flight sheets will be available on [athletic.net](https://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](https://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 **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 2<sup>nd</sup> 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](mailto: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**

### *Time*

3:00pm

3:00pm

(After multi)

(After multi)

### *Event*

Weight Throw – WOMEN \*Men to follow  
 Shot Put to follow – Women \*Men to follow  
 Pole Vault – Men \*Women to follow  
 Long Jump – Men \*Women to follow  
 Triple Jump to follow LJ – Men \*Women to follow  
 High Jump – Women \* Men to follow

Final  
Final  
Final  
Final  
Final  
Final

## **Running Events**

### *\*Estimated Time*

6:00pm

6:10pm

6:25pm

6:35pm

6:40pm

6:45pm

6:50pm

6:55pm

7:00pm

7:10pm

7:20pm

7:25pm

7:35pm

7:45pm

7:55pm

8:15pm

8:30pm

8:40pm

### *Event*

Men's Mile  
 Women's Mile  
 Men's 55 Hurdles  
 Women's 55 Hurdles  
 Men's 1000  
 Women's 1000  
 Men's 55  
 Women's 55  
 Men's 400  
 Women's 400  
 Men's 800  
 Women's 800  
 Men's 200  
 Women's 200  
 Men's 3,000  
 Women's 3,000  
 Men's 4x400  
 Women's 4X400

Section  
Final  
Final

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