MEL TJEERDSMA CLASSIC



NORTHWEST MISSOURI STATE

Saturday, December 6, 2025 Hughes Fieldhouse



Nodaway Valley Bank Track

SCHEDULE OF EVENTS

12:00 5,000m Run Men Friday 12:30 5,000m Run Women 6:00 Pole Vault Men 1:15 1,000m Run Men Women to Follow 1:20 1,000m Run Women Saturday 1:35 60m Hurdle Prelims Men 11:00 Weight Throw Men 1:55 60m Hurdle Prelims Women Shot Put Women 2:30 60m Dash Prelim Men Long Jump (South runway) Men 3:00 Mile Run Women Women to Follow 3:10 Mile Run Women Shot Put Men 4:00 300m Dash Women Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:00 60m Hurdle Finals Men Triple Jump (South runway) Men 4:10 60m Dash Finals Men Women Women to Follow 4:15 60m Dash Finals Women **Declarations for the 200m due **Error the 200m due 4:25		Running Events			Field Events	
1:15 1,000m Run Men Saturday 1:26 1,000m Run Women Saturday 1:27 60m Hurdle Prelims Men 11:00 Weight Throw Men 1:25 60m Hurdle Prelims Women Shot Put Women 1:20 60m Dash Prelim Men High Jump Women 2:30 60m Dash Prelim Women Long Jump (South runway) Men 3:30 Mile Run Women Women Women Women to Follow 3:10 Mile Run Women Shot Put Men Men <td< th=""><th>12:00</th><th>5,000m Run</th><th>Men</th><th></th><th>Friday</th><th></th></td<>	12:00	5,000m Run	Men		Friday	
1:20 1,000m Run Women Saturday 1:35 60m Hurdle Prelims Men 11:00 Weight Throw Men 1:55 60m Hurdle Prelims Women Shot Put Women 2:10 60m Dash Prelim Men High Jump Women 3:00 60m Dash Prelim Women Long Jump (South runway) Men 3:00 Mile Run Women Women to Follow 3:10 Mile Run Women Shot Put Men 4:20 300m Dash Women Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:00 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Men Women (South runway) Men 4:20 400m Dash Men Women (South runway) Men 4:25 400m Dash Men Women (South runway) Men 4:25 400m Dash Men Women (South runway) Men 4:25 400m Dash Men Women (South runway) Women (Women (Wome	12:30	5,000m Run	Women	6:00	Pole Vault	Men
1:35 60m Hurdle Prelims Men 11:00 Weight Throw Men 1:55 60m Hurdle Prelims Women Shot Put Women 2:10 60m Dash Prelim Men High Jump Women 2:30 60m Dash Prelim Women Long Jump (South runway) Men 3:00 Mile Run Women Jump (South runway) Women Follows 3:10 Mile Run Women Shot Put Men	1:15	1,000m Run	Men			Women to Follow
1:55 60m Hurdle Prelims Women Shot Put Women 2:10 60m Dash Prelim Men High Jump Women 2:30 60m Dash Prelim Women Long Jump (South runway) Men 3:00 Mile Run Men Women 3:10 Mile Run Women 3:20 300m Dash Men Shot Put Men 4:03 300m Dash Men Shot Put Men 4:05 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Men High Jump Men 4:10 60m Dash Finals Men Triple Jump (South runway) Men 4:10 60m Dash Finals Women Triple Jump (South runway) Men 4:15 60m Dash Finals Women 4:20 400m Dash Finals Women 4:20 400m Dash Men 4:25 400m Dash Men 4:45 800m Run Men 4:45 800m Run Men 4:45 800m Dash Men 200m Dash Men 200m Dash Men 3,000m Run Men 3,000m Run Men 4x40 Relay Cards due 4x40 Relay Cards due 4x40 Relay Momen 4x40 Relay Cards due	1:20	1,000m Run	Women		Saturday	
2:10 60m Dash Prelim Men High Jump Women 2:30 60m Dash Prelim Women Long Jump (South runway) Men 3:00 Mile Run Women to Follow 3:10 Mile Run Women Women to Follow 3:20 300m Dash Men 3:00 Weight Throw Women 4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Women Triple Jump (South runway) Men 4:15 60m Dash Finals Women Women Women 4:20 400m Dash Finals Women Women Women Women 4:25 400m Dash Women ** Declarations for the 200m due Women Women 4:40 800m Run Men ** Av44 Relay Cards due 800m Dash Women ** 4x44 Relay Cards due 200m Dash Women ** 4x44 Relay Cards due	1:35	60m Hurdle Prelims	Men	11:00	Weight Throw	Men
2:30 60m Dash Prelim Women Long Jump (South runway) Men 3:00 Mile Run Men Women to Follow 3:10 Mile Run Women Shot Put Men 3:20 300m Dash Men Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Women Women Women to Follow 4:15 60m Dash Finals Women Women Women to Follow 4:20 400m Dash Men Women **Declarations for the 200m due Women to Follow 4:40 800m Run Men **Declarations for the 200m due **August All Relay Cards du	1:55	60m Hurdle Prelims	Women		Shot Put	Women
3:00 Mile Run Men Women 3:10 Mile Run Women 3:20 300m Dash Men Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Dash Finals Men Triple Jump (South runway) Men 4:10 60m Dash Finals Men Triple Jump (South runway) Men 4:15 60m Dash Finals Momen 4:20 400m Dash Men 4:25 400m Dash Men 4:45 800m Run Men 4:45 800m Run Men 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Men 200m Dash Women 3,000m Run Men 3:00 Weight Throw Women Men 4:00 40m Hurdle Finals Momen 4:00 60m Hurdle Finals Momen 4:15 60m Dash Finals Momen 4:40 800m Run Men 4:45 800m Run Men 4:45 800m Run Men 4:55 600y Dash Men 3,000m Run Men 4:50 Avan Dash Women 5 Peclarations for the 200m due 4:44 Relay Cards due 4:44 Relay Cards due 4:400m Relay Men	2:10	60m Dash Prelim	Men		High Jump	Women
3:10 Mile Run Women 3:20 300m Dash Men 3:00 Weight Throw Women 3:30 300m Dash Women Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Men Women Women to Follow 4:20 400m Dash Finals Women	2:30	60m Dash Prelim	Women		Long Jump (South runway)	Men
3:20 300m Dash Men 3:00 Weight Throw Women 3:30 300m Dash Women Shot Put Men 4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Men 4:15 60m Dash Finals Women 4:20 400m Dash Men 4:25 400m Dash Women 4:40 800m Run Men 4:45 800m Run Women 4:45 600y Dash Men ROLLING SCHEDULE 600y Dash Men 200m Dash Men 3,000m Run Men 3,000m Run Men 4x44 Relay Cards due 4x44 Relay Cards due 4x54 Relay Cards due 4x40 Men 4x40 Relay Men	3:00	Mile Run	Men			Women to Follow
3:30 300m Dash	3:10	Mile Run	Women			
4:00 60m Hurdle Finals Men High Jump Men 4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Men Women to Follow 4:15 60m Dash Finals Women Women Women Women Women Women Women Women Women Women Women Women Women Women Women Women Women Women Women	3:20	300m Dash	Men	3:00	Weight Throw	Women
4:05 60m Hurdle Finals Women Triple Jump (South runway) Men 4:10 60m Dash Finals Men Women to Follow 4:15 60m Dash Finals Women 4:20 400m Dash Men 4:25 400m Dash Women 4:40 800m Run Men 4:45 800m Run Women ** Declarations for the 200m due 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Men 200m Dash Men 200m Dash Women 3,000m Run Men 3,000m Run Men 4x400m Relay Men **4x44 Relay Cards due 4x400m Relay **4x44 Relay Cards due 4x400m Relay	3:30	300m Dash	Women		Shot Put	Men
4:10 60m Dash Finals Men Women to Follow 4:15 60m Dash Finals Women 4:20 400m Dash Men 4:25 400m Dash Women 4:40 800m Run Men 4:45 800m Run Women 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Women 3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men	4:00	60m Hurdle Finals	Men		High Jump	Men
4:15 60m Dash Finals Women 4:20 400m Dash Men 4:25 400m Dash Women 4:40 800m Run Men 4:45 800m Run Women 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Women 3,000m Run Men 4x400m Relay Men	4:05	60m Hurdle Finals	Women		Triple Jump (South runway)	Men
4:20 400m Dash	4:10	60m Dash Finals	Men			Women to Follow
4:25 400m Dash Women 4:40 800m Run Men 4:45 800m Run Women 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Men 200m Dash Women 3,000m Run Men 4x400m Relay Men	4:15	60m Dash Finals	Women			
4:40 800m Run Men 4:45 800m Run Women 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Men 200m Dash Women 3,000m Run Men 4x400m Relay Men	4:20	400m Dash	Men			
4:45 800m Run Women ** Declarations for the 200m due 4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Men 200m Dash Women 3,000m Run Men 4x400m Relay Men	4:25	400m Dash	Women			
4:55 600y Dash Men ROLLING SCHEDULE 600y Dash Women 200m Dash Men 200m Dash Women 3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men	4:40	800m Run	Men			
ROLLING SCHEDULE 600 y Dash Women 200m Dash Men 200m Dash Women 3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men	4:45	800m Run	Women	** Declarations for	the 200m due	
200m Dash Men 200m Dash Women 3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men	4:55	600y Dash	Men			
200m Dash 3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men	ROLLING SCHEDULE	600y Dash	Women			
3,000m Run Men **4x4 Relay Cards due 3,000m Run Women 4x400m Relay Men		200m Dash	Men			
3,000m Run Women 4x400m Relay Men		200m Dash	Women			
4x400m Relay Men		3,000m Run	Men	**4x4 Relay Cards d	lue	
,		3,000m Run	Women			
4x400m Relay Women		4x400m Relay	Men			
		4x400m Relay	Women			

SCHEDULE AS OF 11/17/25



COACH ALSUP INVITE



NORTHWEST MISSOURI STATE

Saturday, January 18, 2025 Hughes Fieldhouse



Nodaway Valley Bank Track SCHEDULE OF EVENTS

Running Events		Field Events	
11:30 1,000m Run	Women	11:00 Pole Vault	Women
1,000m Run	Men	Weight Throw	Men
4x800m Relay	Women	Shot Put	Women
4x800m Relay	Men	High Jump	Men
5,000m Run	Women	Long Jump (South runway)	Women
5,000m Run	Men	Long Jump (North runway)	Men
60m Hurdle Prelims	Women		
60m Hurdle Prelims	Men		
60m Dash Prelim	Women	3:00 Pole Vault	Men
60m Dash Prelim	Men	Weight Throw	Women
Mile Run	Women	Shot Put	Men
Mile Run	Men	High Jump	Women
60m Hurdle Finals	Women	Triple Jump (South runway)	Women
60m Hurdle Finals	Men	Triple Jump (North runway)	Men
60m Dash Finals	Women		
60m Dash Finals	Men		
400m Dash	Women		
400m Dash	Men		
800m Run	Women		
800m Run	Men		
600y Dash	Women		
600y Dash	Men		
200m Dash	Women		
200m Dash	Men		
3,000m Run	Women		
3,000m Run	Men		
4x400m Relay	Women		
4x400m Relay	Men		

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES



BEARCAT INVITE



NORTHWEST MISSOURI STATE

Friday & Saturday, February 7th & 8th, 2025 Hughes Fieldhouse



Nodaway Valley Bank Track

SCHEDULE OF EVENTS

FRIDAY

Combined Events		Running Events	
12:00 Pentathlon 60m Hurdles	Women	5:00 1,000m Run	Women
12:30 Heptathalon 60m Dash	Men	1,000m Run	Men
Pentathlon High Jump	Women	5,000m Run	Women
Heptathlon Long Jump	Men	5,000m Run	Men
Heptathlon Shot Put	Men	4,000m DMR	Women
Pentathlon Shot Put	Women	4,000m DMR	Men
Heptathlon High Jump	Men		
Pentathlon Long Jump	Women	Field Events	
Pentathlon 800m	Women	5:00 Pole Vault	Women
AY			
Running Events		Field Events	
9:00 Hentathlon 60m Hurdles	Men	*9:45 Hentathlon Pole Vault	Men

SATURDAY

DAY				
Running Events		Field Events		
9:00 Heptathlon 60m Hurdles	Men	*9:45 Heptathlon Pole Vault Men		
*12:15 Heptathlon 1000m	Men			
12:30 60m Hurdle Prelims	Men	11:00 High Jump Women		
60m Hurdle Prelims	Women	Weight Throw Women		
60m Dash Prelims	Men	Shot Put Men		
60m Dash Prelims	Women	Long Jump (North runway) Men		
Mile Run	Men	Long Jump (South runway) Women		
Mile Run	Women			
60m Hurdle Finals	Men	2:00 Pole Vault Men		
60m Hurdle Finals	Women			
60m Dash Finals	Men	3:00 High Jump Men		
60m Dash Finals	Women	Weight Throw Men		
400m Dash	Men	Shot Put Women		
400m Dash	Women	Triple Jump (North runway) Men		
800m Run	Men	Triple Jump (South runway) Women		
800m Run	Women			
600y Dash	Men			
600y Dash	Women			
200m Dash	Men			
200m Dash	Women			
5,000m Run	Men			
5,000m Run	Women			
4x400m Relay	Men			
4x400m Relay	Women			

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES



2025 MIAA Indoor Track & Field Championships



Feburary 28th - March 2nd, 2025
Northwest Missouri State University
Hughes Fieldhouse
Nodaway Valley Bank Track

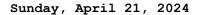


SCHEDULE OF EVENTS

	Friday, February 25 Combined Events			Saturday, February 26 <u>Field Events</u>			Sunday, February 27 <u>Field Events</u>	,
1:50	National Anthem		1:30	High Jump	Men	12:00	High Jump	Men
2:00	Pent. 60m Hurdles	Women	1:30	Weight Throw	Men	12:00	Weight Throw	Men
2:30	Hept. 60m Dash	Men	1:30	Long Jump	Women	1:00	Long Jump	Women
*2:50	Pent. High Jump	Women	3:30	Pole Vault	Women	2:30	Pole Vault	Women
*3:10	Hept. Long Jump	Men	4:00	Long Jump	Men	2:30	Long Jump	Men
*4:30	Hept. Shot Put	Men	4:00	Weight Throw	Women			
*4:40	Pent. Shot Put	Women	4:30	High Jump	Women		Track Events	
*5:40	Hept. High Jump	Men				1:20	National Anthem	
*5:45	Pent. Long Jump	Women		Track Events		1:30	Mile Run	Men
*6:50	Pent. 800m Run	Women	1:50	National Anthem		1:45	Mile Run	Women
			2:00	60m Hurdles (prelims)	Men	2:05	60m Hurdles	Men
Saturday, February 26			2:10	60m Hurdles (prelims)	Women	2:10	60m Hurdles	Women
	Combined Events		2:45	60m Dash (prelims)	Men	2:15	60m Dash	Men
11:00	Hept. 60m Hurdles	Men	2:40	60m Dash (prelims)	Women	2:20	60m Dash	Women
*12:00	Hept. Pole Vault	Men	3:00	Hept. 1000m Run	Men	2:30	400m Dash	Men
*3:00	Hept. 1000m Run	Men	3:10	400m Dash (prelims)	Men	2:40	400m Dash	Women
			3:30	400m Dash (prelims)	Women	2:50	600y Dash	Men
			3:50	600y Dash (prelims)	Men	3:00	600y Dash	Women
			4:05	600y Dash (prelims)	Women	3:10	800m Run	Men
			4:25	800m Run (prelims)	Men	3:15	800m Run	Women
			4:40	800m Run (prelims)	Women	3:25	200m Dash	Men
			4:55	200m Dash (prelims)	Men	3:30	200m Dash	Women
			5:15	200m Dash (prelims)	Women	3:40	3000m Run	Men
			5:35	5000m Run	Men	4:05	3000m Run	Women
			6:15	5000m Run	Women	4:35	4x400m Relay	Men
			6:40	Distance Medley Relay	Men	4:50	4x400m Relay	Women
			6:55	Distance Medley Relay	Women			

BEARCAT TUNE UP









Herschel Neil Track

SCHEDULE OF EVENTS

	Running Events			Field Events	
3:00	4x100m Relay	Women	2:00) Javelin	Men
3:05	4x100m Relay	Men		Javelin	Women to follow
3:20	100m Hurdles	Women	2:00) Hammer	Women
3:30	110m Hurdles	Men		Hammer	Men to follow
3:45	400m Dash	Women	After HT	Discus	Women
3:50	400m Dash	Men		Discus	Men to follow
4:00	100m Dash	Women	Simultane	eous start after conclusion of Disc	us
4:05	100m Dash	Men		Shot Put	Women
4:15	800m Run	Women		Shot Put	Men
4:25	800m Run	Men			
4:40	400m Hurdles	Women	2:00) High Jump	Men
4:50	400m Hurdles	Men		High Jump	Women to follow
5:00	200m Dash	Women	2:00) Long Jump	Women
5:05	200m Dash	Men	2:00) Long Jump	Men
	OFFICIALS BREAK			Triple Jump to follow LJ	
5:25	1500m Run	Women			
5:35	1500m Run	Men			
5:45	4x400m Relay	Women			
5:55	4x400m Relay	Men			

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES

