

MEL TJEERDSMA CLASSIC



NORTHWEST MISSOURI STATE

Saturday, December 6, 2025

Hughes Fieldhouse

Nodaway Valley Bank Track



SCHEDULE OF EVENTS

Running Events

12:00 5,000m Run	Men
12:30 5,000m Run	Women
1:15 1,000m Run	Men
1:20 1,000m Run	Women
1:35 60m Hurdle Prelims	Men
1:55 60m Hurdle Prelims	Women
2:10 60m Dash Prelim	Men
2:30 60m Dash Prelim	Women
3:00 Mile Run	Men
3:10 Mile Run	Women
3:20 300m Dash	Men
3:30 300m Dash	Women
4:00 60m Hurdle Finals	Men
4:05 60m Hurdle Finals	Women
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
4:55 600y Dash	Men
ROLLING SCHEDULE 600y Dash	Women
200m Dash	Men
200m Dash	Women
3,000m Run	Men
3,000m Run	Women
4x400m Relay	Men
4x400m Relay	Women

Field Events

Friday	
6:00 Pole Vault	Men
	Women to Follow
Saturday	
11:00 Weight Throw	Men
Shot Put	Women
High Jump	Women
Long Jump (South runway)	Men
	Women to Follow
3:00 Weight Throw	Women
Shot Put	Men
High Jump	Men
Triple Jump (South runway)	Men
	Women to Follow

**** Declarations for the 200m due**

****4x4 Relay Cards due**

SCHEDULE AS OF 11/17/25



Live Results: <http://www.blacksquirreltiming.com/live-results>

COACH ALSUP INVITE



NORTHWEST MISSOURI STATE

Saturday, January 18, 2025

Hughes Fieldhouse

Nodaway Valley Bank Track



SCHEDULE OF EVENTS

Running Events

11:30 1,000m Run	Women
1,000m Run	Men
4x800m Relay	Women
4x800m Relay	Men
5,000m Run	Women
5,000m Run	Men
60m Hurdle Prelims	Women
60m Hurdle Prelims	Men
60m Dash Prelim	Women
60m Dash Prelim	Men
Mile Run	Women
Mile Run	Men
60m Hurdle Finals	Women
60m Hurdle Finals	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

Field Events

11:00 Pole Vault	Women
Weight Throw	Men
Shot Put	Women
High Jump	Men
Long Jump (South runway)	Women
Long Jump (North runway)	Men
3:00 Pole Vault	Men
Weight Throw	Women
Shot Put	Men
High Jump	Women
Triple Jump (South runway)	Women
Triple Jump (North runway)	Men

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES



Live Results: <http://www.blacksquirreltiming.com/live-results>

BEARCAT INVITE



NORTHWEST MISSOURI STATE
Friday & Saturday, February 7th & 8th, 2025
Hughes Fieldhouse
Nodaway Valley Bank Track



SCHEDULE OF EVENTS

FRIDAY

Combined Events

12:00 Pentathlon 60m Hurdles	Women
12:30 Heptathlon 60m Dash	Men
Pentathlon High Jump	Women
Heptathlon Long Jump	Men
Heptathlon Shot Put	Men
Pentathlon Shot Put	Women
Heptathlon High Jump	Men
Pentathlon Long Jump	Women
Pentathlon 800m	Women

Running Events

5:00 1,000m Run	Women
1,000m Run	Men
5,000m Run	Women
5,000m Run	Men
4,000m DMR	Women
4,000m DMR	Men

Field Events

5:00 Pole Vault	Women
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SATURDAY

Running Events

9:00 Heptathlon 60m Hurdles	Men
*12:15 Heptathlon 1000m	Men
12:30 60m Hurdle Prelims	Men
60m Hurdle Prelims	Women
60m Dash Prelims	Men
60m Dash Prelims	Women
Mile Run	Men
Mile Run	Women
60m Hurdle Finals	Men
60m Hurdle Finals	Women
60m Dash Finals	Men
60m Dash Finals	Women
400m Dash	Men
400m Dash	Women
800m Run	Men
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

Field Events

*9:45 Heptathlon Pole Vault	Men
11:00 High Jump	Women
Weight Throw	Women
Shot Put	Men
Long Jump (North runway)	Men
Long Jump (South runway)	Women
2:00 Pole Vault	Men
3:00 High Jump	Men
Weight Throw	Men
Shot Put	Women
Triple Jump (North runway)	Men
Triple Jump (South runway)	Women

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES



Live Results: <http://www.blacksquirreltiming.com/live-results>

2025 MIAA Indoor Track & Field Championships



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



SCHEDULE OF EVENTS

Friday, February 25

Combined Events

1:50	National Anthem	
2:00	Pent. 60m Hurdles	Women
2:30	Hept. 60m Dash	Men
*2:50	Pent. High Jump	Women
*3:10	Hept. Long Jump	Men
*4:30	Hept. Shot Put	Men
*4:40	Pent. Shot Put	Women
*5:40	Hept. High Jump	Men
*5:45	Pent. Long Jump	Women
*6:50	Pent. 800m Run	Women

Saturday, February 26

Combined Events

11:00	Hept. 60m Hurdles	Men
*12:00	Hept. Pole Vault	Men
*3:00	Hept. 1000m Run	Men

Saturday, February 26

Field Events

1:30	High Jump	Men
1:30	Weight Throw	Men
1:30	Long Jump	Women
3:30	Pole Vault	Women
4:00	Long Jump	Men
4:00	Weight Throw	Women
4:30	High Jump	Women

Track Events

1:50	National Anthem	
2:00	60m Hurdles (prelims)	Men
2:10	60m Hurdles (prelims)	Women
2:45	60m Dash (prelims)	Men
2:40	60m Dash (prelims)	Women
3:00	Hept. 1000m Run	Men
3:10	400m Dash (prelims)	Men
3:30	400m Dash (prelims)	Women
3:50	600y Dash (prelims)	Men
4:05	600y Dash (prelims)	Women
4:25	800m Run (prelims)	Men
4:40	800m Run (prelims)	Women
4:55	200m Dash (prelims)	Men
5:15	200m Dash (prelims)	Women
5:35	5000m Run	Men
6:15	5000m Run	Women
6:40	Distance Medley Relay	Men
6:55	Distance Medley Relay	Women

Sunday, February 27

Field Events

12:00	High Jump	Men
12:00	Weight Throw	Men
1:00	Long Jump	Women
2:30	Pole Vault	Women
2:30	Long Jump	Men

Track Events

1:20	National Anthem	
1:30	Mile Run	Men
1:45	Mile Run	Women
2:05	60m Hurdles	Men
2:10	60m Hurdles	Women
2:15	60m Dash	Men
2:20	60m Dash	Women
2:30	400m Dash	Men
2:40	400m Dash	Women
2:50	600y Dash	Men
3:00	600y Dash	Women
3:10	800m Run	Men
3:15	800m Run	Women
3:25	200m Dash	Men
3:30	200m Dash	Women
3:40	3000m Run	Men
4:05	3000m Run	Women
4:35	4x400m Relay	Men
4:50	4x400m Relay	Women

Live Results: <http://www.blacksquirreltiming.com/live-results>

BEARCAT TUNE UP

NORTHWEST MISSOURI STATE

Sunday, April 21, 2024



Herschel Neil Track

SCHEDULE OF EVENTS

Running Events

3:00	4x100m Relay	Women
3:05	4x100m Relay	Men
3:20	100m Hurdles	Women
3:30	110m Hurdles	Men
3:45	400m Dash	Women
3:50	400m Dash	Men
4:00	100m Dash	Women
4:05	100m Dash	Men
4:15	800m Run	Women
4:25	800m Run	Men
4:40	400m Hurdles	Women
4:50	400m Hurdles	Men
5:00	200m Dash	Women
5:05	200m Dash	Men
OFFICIALS BREAK		
5:25	1500m Run	Women
5:35	1500m Run	Men
5:45	4x400m Relay	Women
5:55	4x400m Relay	Men

Field Events

2:00	Javelin	Men
	Javelin	Women to follow
2:00	Hammer	Women
	Hammer	Men to follow
After HT	Discus	Women
	Discus	Men to follow
Simultaneous start after conclusion of Discus		
	Shot Put	Women
	Shot Put	Men
2:00	High Jump	Men
	High Jump	Women to follow
2:00	Long Jump	Women
2:00	Long Jump	Men
	Triple Jump to follow LJ	

FINAL SCHEDULE TO BE DETERMINED AFTER FINAL ENTRIES



Live Results: <http://www.blacksquirreltiming.com/live-results>