

NORTH DAKOTA INDOOR OPEN

UND Indoor High Performance Center

(Updated on 1-21-19)

Friday, January 25, 2019

3:00pm	(M)	Heptathlon	Day 1: 60m, LJ, Shot & HJ
3:15pm	(W)	Pentathlon	60H, HJ, Shot, LJ, 800m
7:00pm		Discus W/M	<i>exhibition</i>

Saturday, January 26, 2019

9:00am	(M)	Heptathlon	Day 2: 60H, PV, 1000m
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Field Events

(Contested on Rolling Schedule)

12N	(M)	Weight Throw
<i>to follow</i>	(W)	Weight Throw
12N	(W)	Shot Put
<i>to follow</i>	(M)	Shot Put
12N	(M)	Long Jump
12N	(W)	Triple Jump
<i>follows</i>	(W)	Long Jump
<i>follows</i>	(M)	Triple Jump
12N	(W)	Pole Vault
<i>to follow</i>	(M)	Pole Vault
12N	(W)	High Jump
<i>to follow</i>	(M)	High Jump

Running Events

12:30 PM	(W)	60H Prelim
12:45 PM	(M)	60H Prelim
1:00 PM	(W)	60m Prelim
1:15 PM	(M)	60m Prelim
1:30 PM	(W)	Mile
1:45 PM	(M)	Mile
2:00 PM	(M)	60H Final
2:05 PM	(W)	60H Final
2:10 PM	(W)	60m Final
2:15 PM	(M)	60m Final
2:20 PM	(W)	400m
2:40 PM	(M)	400m
2:50 PM	(W)	600m
3:05 PM	(M)	600m
3:20 PM		Jr Hawk 60m Dash
3:30 PM	(W)	800m
3:40 PM	(M)	800m
3:50 PM	(W)	200m
4:10 PM	(M)	200m
4:30 PM	(W)	5000m
4:55 PM	(M)	5000m
5:15 PM	(W)	4 x 400m
5:25 PM	(M)	4 x 400m

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Friday-Saturday, January 25-26, 2019

Entry Procedures:

Entries will be made online at [Direct Athletics](#) using marks from the 2018 INDOOR season. Entries will close on **Wednesday, January 23rd at 9:00pm**. This competition is OPEN to all competitors.

Entry Fees:

\$20 per event entry not to exceed \$200 per team. Combined team entry fee not to exceed \$400 for dual gender programs. Payment must be by credit card at the end of the entry process on Direct Athletics. All unattached athletes should create an account on Direct Athletics and must pay their fees as part of the entry process.

Seeding:

All races will be seeded as finals against time, with the exception of the 60m Dash and the 60m Hurdles. In the LJ, TJ, SP & WT, the top eight collegiate marks will proceed to the finals. Plus any post-collegiate athletes, with the total in each final not to exceed twelve. For the **200m** and **4x400m** coaches and athletes will be asked to declare 90 minutes prior to the estimated start time of each event. The 200 and 4x400 will be seeded after declarations.

Check-In:

Track Athletes – check in at the start line **15 minutes** prior to your event.

Field event athletes – check in at your event **1 hour** prior to its start.

Implement Inspection

Only Indoor weights and shots will be allowed. Implement weigh-ins will be located in the Southwest corner of the facility near the throwing area. Weigh-ins will be open from 9:00am-9:50am.

Packet Pickup:

All team information will be distributed to coaches by email. No team packets will be issued at the meet.

Relay Cards:

The relay cards will be at the clerk. We will ask your teams to complete a relay card for the benefit of our announcer when they check in.

Team Camps & Warm-Up

Team Camps will be located on the turf area inside the oval. The WARM-UP AREA will be on the infield

Opening Heights:

Event	Women	Men
Pole Vault	8'	10'
High Jump	4-6	5-6

Facility Restrictions:

Only 1/4" (or shorter) pyramid spikes will be permitted for use on all competition surfaces. No marking chalk or tape will be allowed on the track or runways, marking tools will be provided.

Training Room:

Athletic trainers will be located in the NW corner of the HPC. Modalities available: heat packs, electrical stimulation, ultrasound, ice, water and emergency equipment. If you have any special needs prior to meet contact: Sara Bjerke MS, ATC, sara.e.bjerke@med.und.edu

Parking:

Fans and teams should park in the lot directly across 2nd Avenue from the indoor facility.

Results:

Live results will be available on the Hero's Timing web page: <http://www.herostiming.com/>