

NORTH DAKOTA HIGH SCHOOL
CLASS A GIRLS INDOOR TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 22, 2024

<u>4:00</u>	4 x 800 RELAY	GIRLS	FINALS	
	60 HURDLES	GIRLS	PRELIMS	
	60 METERS	GIRLS	PRELIMS	
	1600 METERS	GIRLS	FINALS	
	4 X 200 RELAY	GIRLS	FINALS	(3 turn stager)
	60 HURDLES	GIRLS	FINALS	
	60 METERS	GIRLS	FINALS	
	400 METERS	GIRLS	FINALS	
	800 METERS	GIRLS	FINALS	
	200 METERS	GIRLS	FINALS	
	3200 METERS	GIRLS	FINALS	
	4 x 400 RELAY	GIRLS	FINALS	

FIELD EVENTS:

LJ/TJ/SP will be run in flights with the best seed marks in the last flight.

4:00 LONG JUMP	Flights 1-2 east pit Flights 3-4 West pit Finals West Pit
4:00 HIGH JUMP	1 Pit
4:00 POLE VAULT	1 Pit
4:00 SHOT PUT	2 rings Flights 1-2 North Flights 3-4 South ring Finals South ring
TRIPLE JUMP 30min following LJ	East runway