

Mount Marty University

Class A HS Meet

Friday, March 24th, 2023

At Ruth Donohoe First Dakota Fieldhouse

Field Events:

1:00 pm. - Shot Put (B) followed by Shot Put (G) (3 Trials – 9 to FINALS)

1:00 pm. - Pole Vault (B) followed by Pole Vault (G)

1:00 pm. - High Jump (G) followed by High Jump (B)

1:00 pm. - Long Jump (G) followed by Long Jump (B) (3 Trials – 9 to FINALS)

TBA - Triple Jump (G) followed by Triple Jump (B) (TJ will immediately follow the LJ) (3 Trials – 9 to FINALS)

Track Events: (We will use a rolling schedule)

11:00 am. - 60H (G) (10 heat maximum)

11:20 am. - 60H (B) (10 heat maximum)

11:40 am. - 4 x 800 (G) (Limit 1 Relay Team per School)

11:55 am. - 4 x 800 (B) (Limit 1 Relay Team per School)

12:10 pm. - 60 (G) (10 heat maximum)

12:30 pm. - 60 (B) (10 heat maximum)

12:50 pm. - 1600 (G) (3 heats of 24 maximum)

1:15 pm. - 1600 (B) (3 heats of 24 maximum)

1:40 pm. - 60H (G) FINAL

1:45 pm. - 60H (B) FINAL

1:50 pm. - 400 (G) (10 heat maximum)

2:10 pm. - 400 (B) (10 heat maximum)

2:30 pm. - 60 (G) FINAL

2:35 pm. - 60 (B) FINAL

2:40 pm. - 4 x 200 (G) (Limit 2 Relay Teams per School)

2:55 pm. - 4 x 200 (B) (Limit 2 Relay Teams per School)

3:10 pm. - 800 (G) (4 heats of 16 maximum)

3:30 pm. - 800 (B) (4 heats of 16 maximum)

3:50 pm. - Sprint Medley (200-200-400-800) (G) (Limit 1 Relay Team per School)

4:05 pm. - Sprint Medley (200-200-400-800) (B) (Limit 1 Relay Team per School)

4:20 pm. - 200 (G) (10 heat maximum)

4:40 pm. - 200 (B) (10 heat maximum)

5:00 pm. - 3200 (G) (2 heats of 24 maximum)

5:30 pm. - 3200 (B) (2 heats of 24 maximum)

6:00 pm. - Distance Medley (1200-400-800-1600) (G) (Limit 1 Relay Team per School)

6:15 pm. - Distance Medley (1200-400-800-1600) (B) (Limit 1 Relay Team per School)

6:30 pm. - 4 x 400 (G) (Limit 2 Relay Teams per School)

6:50 pm. - 4 x 400 (B) (Limit 2 Relay Teams per School)

