

**2018 CLASS A**  
**NORTH DAKOTA HIGH SCHOOL**  
**INDOOR TRACK & FIELD CHAMPIONSHIPS**  
**Shelly Ellig Track and Field Complex**  
**MARCH 23, 2018**

<b>1:00</b>	60 HURDLES	GIRLS	PRELIMS
	60 HURDLES	BOYS	PRELIMS
	60 METERS	GIRLS	PRELIMS
	60 METERS	BOYS	PRELIMS
	1MILE	GIRLS	FINALS
	1MILE	BOYS	FINALS
	4 X 200 RELAY	GIRLS	FINALS (3 turn stager)
	4 X 200 RELAY	BOYS	FINALS (3 turn stager)
	4 x 800 RELAY	GIRLS	FINALS
	4 x 800 RELAY	BOYS	FINALS
	60 HURDLES	BOYS	FINALS (BOYS WILL RUN HURDLE FINALS FIRST)
	60 HURDLES	GIRLS	FINALS
	400 METERS	GIRLS	FINALS
	400 METERS	BOYS	FINALS
	60 METERS	GIRLS	FINALS
	60 METERS	BOYS	FINALS
	800 METERS	GIRLS	FINALS
	800 METERS	BOYS	FINALS
	2 MILE	BOYS	FINALS
	200 METERS	GIRLS	FINALS
	200 METERS	BOYS	FINALS
	2 MILE	GIRLS	FINALS
	4 x 400 RELAY	GIRLS	FINALS
	4 x 400 RELAY	BOYS	FINALS

**FIELD EVENTS:**

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

<b>12:30 LONG JUMP</b>	Boys West runway
<b>12:30 LONG JUMP</b>	Girls- East runway
<b>12:30 HIGH JUMP</b>	Girls –HIGH JUMP Boys follow girls
<b>12:30 POLE VAULT</b>	Boys POLE VAULT Girls to follow 45min after boys vault
<b>1:00 SHOT PUT</b>	Girls-SOUTH RING
<b>1:00 SHOT PUT</b>	Boys-NORTH RING
<b>TRIPLE JUMP 30min following LJ</b>	Girls East runway
<b>TRIPLE JUMP 30min following LJ</b>	Boys West runway