

# 2009 NDHSAA STATE TRACK & FIELD MEET SCHEDULE

May 22 & 23, 2009 - Bismarck Bowl, Bismarck, ND

## FRIDAY

9:30 a.m. - PARADE OF ATHLETES  
10:30 a.m. - 300 Meter Hurdles - Prelims  
11:15 a.m. - 4 x 200 Meter Relay - Prelims  
12:15 p.m. - 1600 Meter Run - Final  
1:15 p.m. - 100 Meter Dash - Prelims  
2:00 p.m. - 400 Meter Dash - Prelims  
2:45 p.m. - 100/110 Meter Hurdles - Prelims  
3:30 p.m. - 200 Meter Dash - Prelims  
4:15 p.m. - Class A 4 x 800 Meter Relay - Final  
4:50 p.m. - 4 x 100 Meter Relay - Prelims  
5:30 p.m. - Class B 4 x 800 Meter Relay - Final

## SATURDAY - ALL FINALS

8:45 a.m. - National Anthem  
11:00 a.m. - 300 Meter Hurdles  
11:30 a.m. - 4 x 200 Meter Relay  
12:00 Noon - 3200 Meter Run  
1:00 p.m. - 100 Meter Dash  
1:30 p.m. - 400 Meter Dash  
2:00 p.m. - 100/110 Meter Hurdles  
2:30 p.m. - 200 Meter Dash  
3:00 p.m. - 800 Meter Run  
3:30 p.m. - 4 x 100 Meter Relay  
4:00 p.m. - 4 x 400 Meter Relay

**NOTE: Events to be run in this order: A Girls, B Girls, A Boys, B Boys**

## FIELD EVENTS

### FRIDAY

#### **10:30 a.m.**

Shot Put - A Boys  
Javelin - B Girls  
High Jump - B Boys  
Long Jump - A Girls

#### **12:30 p.m.**

Shot Put - A Girls  
Javelin - A Boys  
Pole Vault - B Girls  
Triple Jump - B Boys

#### **2:30 p.m.**

Shot Put - B Boys  
Javelin - A Girls  
High Jump - A Boys  
Long Jump - B Girls

#### **4:30 p.m.**

Shot Put - B Girls  
Javelin - B Boys  
Pole Vault - A Girls  
Triple Jump - A Boys

### SATURDAY

#### **8:45 a.m.**

National Anthem

#### **9:00 a.m.**

Long Jump - A Boys  
High Jump - B Girls  
Discus - B Boys

#### **11:00 a.m.**

Triple Jump - A Girls  
Pole Vault - A Boys  
Discus - B Girls

#### **1:00 p.m.**

Long Jump - B Boys  
High Jump - A Girls  
Discus - A Boys

#### **3:00 p.m.**

Triple Jump - B Girls  
Pole Vault - B Boys  
Discus - A Girls