

# 2019 NDHSAA STATE TRACK & FIELD MEET SCHEDULE

May 24 & 25 - Bismarck Bowl, Bismarck, ND

## FRIDAY

9:30 a.m. - National Anthem  
9:45 a.m. - 300 Meter Hurdles - Prelims  
10:30 a.m. - 4 x 200 Meter Relay - Prelims  
11:30 p.m. - 1600 Meter Run - Final  
12:30 p.m. - 100 Meter Dash - Prelims  
1:15 p.m. - 400 Meter Dash - Prelims  
2:00 p.m. - 100/110 Meter Hurdles - Prelims  
2:45 p.m. - 200 Meter Dash - Prelims  
3:30 p.m. - Class A 4 x 800 Meter Relay - Final  
4:15 p.m. - 4 x 100 Meter Relay - Prelims  
5:00 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: B Girls, A Girls, B Boys, A Boys**

## FIELD EVENTS

### FRIDAY

**9:45 a.m.**  
Long Jump - B Boys  
Discus - A Boys  
Pole Vault - B Girls

**11:45 p.m.**  
Triple Jump - A Girls  
Discus - B Boys  
High Jump - A Boys

**1:45 p.m.**  
Long Jump - B Girls  
Discus - A Girls  
Pole Vault - B Boys

**3:45 p.m.**  
Triple Jump - A Boys  
Discus - B Girls  
High Jump - A Girls

### SATURDAY

**8:45 a.m.**  
National Anthem

**9:00 a.m.**  
Shot Put - B Boys  
Javelin - A Boys  
Triple Jump - B Girls

**10:00 a.m.**  
Pole Vault - A Girls

**11:00 a.m.**  
Shot Put - A Girls  
Javelin - B Boys  
Long Jump - A Boys  
High Jump - B Girls

**1:00 p.m.**  
Shot Put - B Girls  
Javelin - A Girls  
Triple Jump - B Boys

**2:00 p.m.**  
Pole Vault - A Boys

**3:00 p.m.**  
Shot Put - A Boys  
Javelin - B Girls  
Long Jump - A Girls  
High Jump - B Boys