

WE ARE NORTH DAKOTA RESILIENT (Part Two) Track meet

MDU Resources Community Bowl Saturday, July 18, 2020

~ Order of Events ~

Divisions are as follows: 4-5, 6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters (Girls/Boys)

We will try to stay with these times as much as possible.

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| 9:15 | 1500 M Race Walk | Ages 9 and Up |
| 9:35 | 5 K | Ages 11 and Up |
| 10:00 | 3200 M Relay | Ages 11 and Up |
| 10:20 | <u>100 M Hurdles GIRLS</u> | Ages 11-12, 13-14 30' <u>Ages 15 Up 33'</u> |
| | 100 M Hurdles BOYS | Ages 11-12, 13- 14 33' |
| 10:40 | 110 M Hurdles BOYS | Ages 15-16 and Up 39' |
| 10:55 | 50 M Dash | Ages 4-5 |
| 11:05 | 100 M Dash | Ages 6 and Up |
| 11:35 | 800 M Relay | Ages 9 and Up |
| 11:55 | 1600 M Run | Ages 9 and Up |
| 12:15 | 400 M Relay | All Ages |
| 12:30 | 300 M Hurdles | Ages 13 and Up 30' Girls and Boys 13-14 36' Boys 15 and Up |
| 12:50 | 400 M Dash | Ages 6 and Up |
| 1:00 | 800 M Run | Ages 9 and Up |
| 1:10 | 200 M Dash | Ages 6 and Up |
| 1:35 | 3200 M Run | Ages 11 and Up |
| 2:00 | 1600 M Relay | Ages 6 and Up |

Field Events – Rolling Schedule

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|----------------|--|--|
| 9:30 | "Weight" Throw (Bean Bags) Javelin BOYS Triple Jump GIRLS/BOYS Discus GIRLS | Ages 8 and Under (Shotput Area) Must bring own Javelin ALL AGES |
| Next... | Long Jump GIRLS Shot Put BOYS Javelin GIRLS | AGES 9 and Under Must bring own Javelin |
| Next... | Long Jump BOYS Discus BOYS | AGES 9 and Under |
| Next... | Shot Put GIRLS Long Jump GIRLS | AGES 10 - 16 |
| Next... | Long Jump BOYS | AGES 10 - 16 |
| Next... | Long Jump BOYS/GIRLS | AGES 17 and Up |

