

WE ARE NORTH DAKOTA RESILIENT Track meet  
 Shiloh Scheels Sports Complex    Saturday, June 27, 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 will run first, Boys will follow

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

10:00	1500 M Race Walk	Ages 9 and Up
10:20	5 K	Ages 11 and Up
10:45	3200 M Relay	Ages 11 and Up
11:00	300 M Hurdles	Ages 13 and Up 30" Girls and Boys 13-14 36" <b>Boys 15 and Up</b>
11:15	50 M Dash	Ages 4-5
11:30	100 M Dash	Ages 6 and Up
12:00	800 M Relay	Ages 9 and Up
12:20	1600 M Run	Ages 9 and Up
12:45	400 M Relay	All Ages
1:00	400 M Dash	Ages 6 and Up
1:15	100 M Hurdles GIRLS	Ages 11-12, 13-14 30" Ages 15 Up 33"
1:25	100 M Hurdles BOYS 110 M Hurdles BOYS	Ages 11-12, 13-14 33" Ages 15-16 and Up 39"
1:35	800 M Run	Ages 9 and Up
1:45	200 M Dash	Ages 6 and Up
2:15	3200 M Run	Ages 11 and Up
2:45	1600 M Relay	Ages 6 and Up

Field Events – Rolling Schedule

9:30	"Weight" Throw (Bean Bags) Javelin BOYS Triple Jump GIRLS Discus GIRLS	Ages 8 and Under  Must bring own Javelin
Next...	Triple Jump BOYS Shot Put BOYS Long Jump GIRLS Javelin GIRLS	ALL AGES Must bring own Javelin
Next...	Long Jump BOYS Discus BOYS Shot Put GIRLS	ALL AGES

