

NORTH DAKOTA HIGH SCHOOL
CLASS B INDOOR TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 23, 2024

| | | | | |
|--------------------|-------------------|--------------|----------------|-----------------------------|
| <u>1:30</u> | 60 HURDLES | BOYS | PRELIMS | (East Straight Away) |
| | 60 METERS | BOYS | PRELIMS | (East Straight Away) |
| <u>1:30</u> | 60 METERS | GIRLS | PRELIMS | (West Straight Away) |
| | 60 HURDLES | GIRLS | PRELIMS | (West Straight Away) |
| | 1600 METERS | BOYS | FINALS | |
| | 1600 METERS | GIRLS | FINALS | |
| | 4 X 200 RELAY | BOYS | FINALS | |
| | 4 X 200 RELAY | GIRLS | FINALS | |
| | 4 x 800 RELAY | BOYS | FINALS | |
| | 4 x 800 RELAY | GIRLS | FINALS | |
| | 60 HURDLES | BOYS | FINALS | |
| | 60 HURDLES | GIRLS | FINALS | |
| | 60 METERS | BOYS | FINALS | |
| | 60 METERS | GIRLS | FINALS | |
| | 400 METERS | BOYS | FINALS | |
| | 400 METERS | GIRLS | FINALS | |
| | 800 METERS | BOYS | FINALS | |
| | 800 METERS | GIRLS | FINALS | |
| | 200 METERS | BOYS | FINALS | |
| | 200 METERS | GIRLS | FINALS | |
| | 3200 METERS | BOYS | FINALS | |
| | 3200 METERS | GIRLS | FINALS | |
| | 4 x 400 RELAY | BOYS | FINALS | |
| | 4 x 400 RELAY | GIRLS | FINALS | |

FIELD EVENTS:

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

| | |
|---------------------------------------|--|
| 1:30 LONG JUMP | Boys West runway |
| 1:30 LONG JUMP | Girls East runway |
| 1:30 HIGH JUMP | Girls –HIGH JUMP Boys follow girls |
| 1:30 POLE VAULT | Boys girls to follow 45min after boys PV |
| 1:30 SHOT PUT | Girls SOUTH RING |
| 1:30 SHOT PUT | Boys NORTH RING |
| TRIPLE JUMP 30min following LJ | Boys West runway |
| TRIPLE JUMP 30min following LJ | Girls East runway |