

**NSIC TRACK & FIELD**  
INDOOR CHAMPIONSHIPS  
BEMIDJI STATE UNIVERSITY, BEMIDJI  
FEBRUARY 25-26, 2011

Thursday February 24

**Coaches Meeting 8:00 pm Site to be determined**

Friday February 25

**Field Events**

- 12:00 p.m. Long Jump – Women-9 Athletes to finals  
Pole Vault – Women  
High Jump – Men  
Weight – Men-9 athletes to finals
- 2:30 p.m. High Jump – Women  
Long Jump – Men- 9 Athletes to finals  
Shot Put – Women- 9 Athletes to finals

**Track Events**

- 3:00 p.m. Mile Prelims –Women/Men  
3:30 p.m. 60 Meter High Hurdles – Semis – Women/Men  
4:00 p.m. 400 Meter Run – 8 Athletes to Finals  
4:30 p.m. 600 Meter Run – 8 Athletes to Finals  
5:00 p.m. 60 Meter Dash – Semis – Women/Men  
5:20 p.m. 800 Meter Run – Semis-Women/Men  
5:40 p.m. 1000 Meter Run – Semis-Women/Men  
6:00 p.m. 200 Meter Dash – 8 Athletes to Finals  
6:30 p.m. 3000 Meter Run – Finals-Women-Men  
7:00 p.m. Distance Medley Relay – Women  
7:20 p.m. Distance Medley Relay – Men

Saturday February 26

**Field Events**

- 10:00 a.m. Weight Throw – Women – 9 Athletes to finals  
Pole Vault – Men  
Triple Jump – Women – 9 Athletes to finals
- 12:30 p.m. Shot Put – Men – 9 Athletes to finals  
Triple Jump – Men – 9 Athletes to finals

**Track Events**

- 1:00 p.m. Mile Finals – Women/Men – 1 Heat of 12 each  
1:30 p.m. 60 Meter Hurdle Finals – Women/Men, 8 in Finals, 1 heat each.  
1:45 p.m. 400 Meter Dash Finals – Women/Men, 8 in finals, 2 Hts, fast last  
2:00 p.m. 600 Meter Dash Finals – Women/Men, 8 in finals, 2 Hts, fast last  
2:15 p.m. 60 Meter Dash Finals – Women/Men, 8 in finals, 1 heat each.  
2:30 p.m. 800 Meter Run Finals – Women/Men, 8 in finals, 1 heat each.  
2:45 p.m. 1000 Meter Run Finals – Women/Men, 8 in finals, 1 heat each  
3:05 p.m. 200 Meter Dash Finals – Women/Men, 8 in finals, 2 heats each, fast last  
3:15 p.m. 5000 Meter Run Finals – Women, 1 heat  
3:40 p.m. 5000 Meter Run Finals – Men, 1 heat  
4:00 p.m. 4 x 400 Meter Relay Finals – Women/Men, 2 heats each, Fast heat last.  
4:30 p.m. Team Awards Presentation