

2012

INDOOR TRACK & FIELD MEET

FIELD EVENTS

1:00	Girls	High Jump-Shot
	Boys	Pole-Vault-Long Jump
2:30	Girls	Long Jump to follow Boys
	Boys	High Jump-Shot to follow Girls
4:00	Girls	Triple Jump-Boys to follow Girls and LJ
	Girls	Pole vault to follow Boys

*Long Jump and Triple Jump will be held to 90 minutes,
3 LJ -and- 3 TJ each individual

TRACK EVENTS

1:00	4x800	Girls-Boys	
	60 Hurdle	Prelims-Girls-Boys	
	60 M	Prelims-Girls-Boys	
	400 M	Finals-Girls-Boys	Fast Heat 1st
	1600 M Run	Girls-Boys	2 Heats Each, Fast Heat1st
	60 Hurdle Final	Girls-Boys	6 in Finals by time
	60 Dash Final	Girls-Boys	6 in Finals by time
	4x200 Relay	Girls-Boys	
	800 M Final	Girls-Boys	12 in a Heat, Fast Heat1st
	200 M Final	Girls-Boys	Fast Heat 1st
	3200 M (2 Entries)	Girls-Boys	1 Heat Each
	4x400 Finals	Girls-Boys	

Awards-Girls and Boys Outstanding Meet Performance Plaque

THE INFORMATION IS ALSO POSTED ON THE BSU WEB PAGE.

www.herostiming.com

<http://info.bemidjistate.edu/sports/sports/track/index.html>