

**NORTH DAKOTA HIGH SCHOOL**  
**CLASS A GIRLS INDOOR TRACK & FIELD CHAMPIONSHIPS**  
**Shelly Ellig Track and Field Complex**  
**MARCH 24, 2023**

<b>11:00</b>	4 x 800 RELAY	GIRLS	FINALS	
	<b>60 HURDLES</b>	<b>GIRLS</b>	<b>PRELIMS</b>	
	<b>60 METERS</b>	<b>GIRLS</b>	<b>PRELIMS</b>	
	1600 METERS	GIRLS	FINALS	
	4 X 200 RELAY	GIRLS	FINALS	(3 turn stager)
	60 HURDLES	GIRLS	FINALS	
	60 METERS	GIRLS	FINALS	
	400 METERS	GIRLS	FINALS	
	800 METERS	GIRLS	FINALS	
	200 METERS	GIRLS	FINALS	
	3200 METERS	GIRLS	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.***

<b>11:00 LONG JUMP</b>	Flights 1-2 east pit Flights 3-4 West pit <b>Finals West Pit</b>
<b>11:00 HIGH JUMP</b>	1 Pit
<b>11:00 POLE VAULT</b>	1 Pit
<b>11:00 SHOT PUT</b>	2 rings Flights 1-2 North Flights 3-4 South ring <b>Finals South ring</b>
<b>TRIPLE JUMP 30min following LJ</b>	East runway

**NORTH DAKOTA HIGH SCHOOL**  
**CLASS A BOYS INDOOR TRACK & FIELD CHAMPIONSHIPS**  
**Shelly Ellig Track and Field Complex**  
**MARCH 24, 2023**

4:00	4 x 800 RELAY	BOYS	FINALS	
	<b>60 HURDLES</b>	<b>BOYS</b>	<b>PRELIMS</b>	
	<b>60 METERS</b>	<b>BOYS</b>	<b>PRELIMS</b>	
	1600 METERS	BOYS	FINALS	
	4 X 200 RELAY	BOYS	FINALS	(3 turn stager)
	60 HURDLES	BOYS	FINALS	
	60 METERS	BOYS	FINALS	
	400 METERS	BOYS	FINALS	
	800 METERS	BOYS	FINALS	
	200 METERS	BOYS	FINALS	
	3200 METERS	BOYS	FINALS	
	4 x 400 RELAY	BOYS	FINALS	

**FIELD EVENTS:**

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

<b>4:00 LONG JUMP</b>	Flights 1-2 east pit Flights 3-4 West pit <b>Finals West Pit</b>
<b>4:00 HIGH JUMP</b>	1 Pit
<b>4:00 POLE VAULT</b>	1 Pit
<b>4:00 SHOT PUT</b>	2 rings Flights 1-2 North Flights 3-4 South ring <b>Finals South ring</b>
<b>TRIPLE JUMP 30min following LJ</b>	West runway