



Indoor “Dual-Plus”  
TRACK & FIELD MEET 2026

- SITE: UND - Fritz Pollard Athletic Center
- DATE: Saturday, March 14th 2026
- TIME: 1:00 pm Field Events  
1:00 pm Running Events
- ENTRIES: Unlimited entries for all events, including relays  
Some events may be combined due to numbers
- FEE: \$175 per school (total).  
Send payment to:  
GFPS, Attn: Mike Biermaier  
2400 47th Ave. S. Grand Forks, ND 58201

FIELD EVENTS: In shot put, long jump, and triple jump, athletes will receive four trials each—no finals.

# SCHEDULE OF EVENTS

## FIELD EVENTS

1:00 pm

Pole Vault – Boys then Girls  
Triple Jump – Boys then Girls  
Shot Put – Boys then Girls

High Jump – Girls then Boys  
Long Jump – Girls then Boys

## RUNNING EVENTS

(\*Girls first odd years. Boys first even years.)

1:00 pm

600 M Run  
300 M Hurdles  
4x200 Relay  
1600 M Run  
60 M Hurdles  
60 M Dash  
400 M Dash  
800 M Run  
200 M Dash  
4x400 M Relay