



BEMIDJI STATE BEAVERS

TRACK & FIELD

2017

HIGH SCHOOL INDOOR MEET

FIELD EVENTS

11:00	Girls HJ followed by Boys in Rec Center Girls Shot Put (3 throws top 9 to finals) followed by Boys in Rec Center Boys Discus (3 throws top 9 to finals) followed by Girls on Soccer Field Girls and Boys combined Pole Vault in Rec Center
11:00-12:00	Boys LJ (cafeteria style, 3 jumps plus 3 more if over 19'0)
12:30-1:30	Girls LJ (cafeteria style, 3 jumps plus 3 more if over 16'0)
2:00-3:00	Boys TJ (cafeteria style, 3 jumps plus 3 more if over 38'0)
3:30-4:30	Girls TJ (cafeteria style, 3 jumps plus 3 more if over 32'0) Exhibition Boys and Girls Javelin can be thrown whenever workers are available (4 throws, no finals) on Intramural Fields

TRACK EVENTS

11:00	4x800	Girls-Boys	1 Heat Each
	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 Heat 1st
	60 Hurdle Final	Girls-Boys	12 in Finals by time, 2 heats
	60 Dash Final	Girls-Boys	12 in Finals by time, 2 heats
	4x200 Relay	Girls-Boys	Varsity/Fast heats 1st
	800 M Final	Girls-Boys	12 in a Heat, Fast Heat 1st
	200 M Final	Girls-Boys	Fast Heat 1st
	3200 M (2 Entries)	Girls-Boys	1 Heat Each
	4x400 Finals	Girls-Boys	Varsity/Fast heats 1st

THE INFORMATION IS ONLY POSTED ON THE HEROSTIMING WEBSITE:
RESULTS, INFORMATION, TIME SCHEDULE

www.herostiming.com

4x800 and 1600m run in Rec Center, 3200m at the old High School site

All team camps must be in the Glas Fieldhouse. Absolutely no food in Rec Center

All athletes, coaches and spectators will have to enter the track going past the Rec Desk. The doors near the starting line/bathrooms will no longer be open.

Bus parking will have to be in the Glas Parking Lot or somewhere in town.

Athlete drop off should be off 19th street at the John Glas & go directly to the Fieldhouse