

DAKOTA DUALS
FRIDAY FEBRUARY 23RD
NORTH DAKOTA STATE UNIVERSITY
BISON SPORTS ARENA

- ENTRIES:** **Unlimited, Unattached athletes are welcome**
- TEAMS:** **North Dakota State University, South Dakota State University, Concordia College**
- SCORING:** **Scored as Double Dual Meets – (5, 3, 2, 1 individual / 5, 3 relay) 2 athletes per event per team scored – 1 relay per team scored**
- Field Events:** **Top 8 Collegiate and additional unattached athletes that qualify**
- DRESSING-SHOWERING** **Facilities are available at the Bison Sports Arena please provide your own locks and towels.**
- ENTRIES:** **Entries are due Thursday, February 22nd by 11:59pm**
Entries are done on www.directathletics.com

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MEET SCHEDULE

Field Events

5:30	Weight Throw	Women - Men
5:00	Long Jump	Men – Women
5:30	Pole Vault	Women - Men
6:00	High Jump	Women - Men
Follows Wt.	Shot Put	Women & Men
Follows LJ	Triple Jump	Men – Women

RUNNING EVENTS:

5:30	4 x 200m	Final	Women – Men
6:00	Mile	Final	Women - Men
6:20	400 Meter	Final	Women - Men
6:40	60 Hurdles	Final	Women - Men
7:00	60 Meter	Final	Women - Men
7:15	800 Meter	Final	Women - Men
7:30	1000 Meter	Final	Women - Men
7:45	200 Meter	Final	Women - Men
8:10	3000 Meter	Final	Women - Men
8:45	4 x 400 Relay	Final	Women - Men