

2023 NDHSAA Track & Field Schedule

Thursday

12:00 PM	Track Open for warm-up	
1:30 PM	Officials Meeting	Locker Room B
2:00 PM	A coaches meeting	Locker Room A
2:00 PM	B coaches meeting	Locker Room B
2:55 PM	Track Closed	
3:00 PM	Opening Ceremonies	Parade of Athletes
3:25 PM	National Anthem	
3:30 PM	Track Open for warm-up	
4:10 PM	Track Closed	
4:30 PM	4 x 200 Relay	Prelim
5:15 PM	3200m Run	Final - Quinn

Running order - B Girls, A Girls, B Boys, A Boys

3:30 PM	A Boys Long Jump	
	B Girls Discus	
	B Boys High Jump	
	A Boys Shot Put	Zac
	A Girls Pole Vault	Camilie
5:30 PM	A Girls Long Jump	
	B Boys Discus	
	B Girls High Jump	
	A Girls Shot Put	

Friday

8:00 AM	Track Open for warm-up	
10:00 AM	Track Closed/National Anthem	
10:15 AM	300m Hurdles	Prelim
11:00 AM	100m Dash	Prelim - Kevin
11:45 AM	Class A 1600 m Run	Final - Quinn
12:15 PM	400m Dash	Prelim
1:00 PM	Class B 1600 m run	Final
1:30 PM	Thursday Evening Awards	
2:00 PM	100/110 Hurdles	Prelim
2:45 PM	200 m Dash	Prelim - Kevin
3:30 PM	Class A 4 x 800m Relay	Final
4:15 PM	4 x 100m Relay	Prelim
5:00 PM	Class B 4 x 800m Relay	Final

Running order - B Girls, A Girls, B Boys, A Boys

9:30 AM	B Boys Long Jump	
	A Boys Discus	Ethan, Kyen
10:00 AM	B Girls Pole Vault	
	A Boys High Jump	
11:30 AM	A Girls Discus	Kaylee
	B Boys Shot Put	
	B Girls Long Jump	
1:00 PM	B Boys Pole Vault	
2:00 PM	A Girls Triple Jump	
	A Boys Javelin	Ethan
	B Girls Shot Put	

Saturday

8:00 AM	Track Open for warm-up	
9:15 AM	National Anthem	
10:30 AM	Track Closed	
11:00 AM	300m Hurdles	Final
11:30 AM	100m Dash	Final
12:00 PM	4 x 200m Relay	Final
12:30 PM	Special Recognition / Hall of Fame	
1:00 PM	400m Dash	Final
1:30 PM	100/110m Hurdles	Final
2:00 PM	200m Dash	Final
2:30 PM	800m Run	Final Quinn, Curtis
3:00 PM	4 x 100m Relay	Final
3:30 PM	4 x 400m Relay	Final

Running order - B Girls, A Girls, B Boys, A Boys

9:30 AM	A Girls Javelin	
	B Boys Triple Jump	
10:00 AM	A Boys Pole Vault	
	A Girls High Jump	
12:15 PM	B Girls Triple Jump	
	B Boys Javelin	
2:15 PM	B Girls Javelin	
	A Boys Triple Jump	