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Black Hills State

High School Spring Opener

March 19, 2015

**Field Events - 3:30 p.m.**

Pole Vault (Girls followed by Boys)

Shot Put (Boys followed by girls, 4 Throws - No Finals)

High Jump (Boys followed by Girls)

Long Jump (Girls followed by Boys, 4 Jumps - No Finals)

Triple Jump (Girls followed by Boys after LJ is over, 4 Jumps - No Finals)

**Running Events – 4:00 p.m.**

60m Hurdles (G)

60m Hurdles (B)

60m Dash (G)

60m Dash (B)

400m Dash (G)

400m Dash (B)

60m hurdles Final (g/b)

60m dash final (g/b)

800m run (G)

800m run (B)

200m Dash (G)

200m Dash (B)

1600m Run (G)

1600m Run (B)

4x400 Relay (G)

4x400 Relay (B)

\*Meet information\*

**Entries**:  Unlimited.  Due by Tuesday, March 17, 2015.  Please go to [www.runnercard.com](http://www.runnercard.com) and set up an account to enter your athletes into the meet.

**No Finals:**  Long jumpers, triple jumpers and throwers will be flighted and get 4 jumps/throws total.

**Entry Fee:** Entry fee will be $5.00 per athlete entered, with a cap at $100.00 total for Boys and $100.00 total for girls.  Make checks payable to BHSU Track and field.

**Implement Weight-ins:**  Shots will be weighed in 45 min. prior to competition by throwing area.

**Starting Blocks:**  Will be provided.

**Spikes:**  Up to 1/4” Pyramid spikes only.