

**Thundering Herd High School Indoor Classic**  
**Shelly Ellig Track and Field Complex**  
**April 2, 2026**

**Entry Information:**

- Entry information at [www.athletic.net](http://www.athletic.net)
- **Entries Due by April 1<sup>st</sup>, 6pm.**
- **Max of 4 entries per field event, 6 entries per running event, 2 relays team allowed.**
- **Questions: contact Stevie Keller [stevie.keller@ndsu.edu](mailto:stevie.keller@ndsu.edu) 701.793.0374**

**Entry Fees:**

- **\$30.00 per entry and relay team, not to exceed \$250.00 per team, per gender. Preferred payment method is online with credit card on [athletic.net](http://athletic.net). Issues with this please contact the Meet Director.**
- \$500.00 for dual gender programs.
- Heat sheets/results will be e-mailed out and posted on [athletic.net](http://athletic.net)

**Admission:** The meet will be open to the public.  
\$12 for adults / \$6 for 18 & under.

Due to North Dakota House Bill 1249 and 1489; student-athletes can only compete for the gender they were assigned at birth

**Team Camps & Warm-Up Area:** Details and warm-up area will be sent out the week of the meet.

**Event Area:**

- **In conclusion of warm-ups, only competitors in the active flight are allowed on the infield. Once you are finished competing, you will be asked to leave the infield.**
- **ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD!**

**Coaching Boxes:**

- **Coaching boxes will be clearly marked. Please keep your coaching staff in that area.**

**Event Check-In:**

- **Track Athletes** - Check in 30 minutes prior to your event at the Clerking Area (refer to Facility Map). Five minutes prior to your event, report to the clerk of the course at the event start area. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.**
- **Field Event Athletes** - Contestants should check-in with the head official at their event, no later than 30 minutes prior to their event. Only the first flight will be allowed to use the competition area for warm up. Each additional flight we be giving 10-15min to warm up in the competition area.

**Implement Weight-In:** Weight-In will be at the event area. There will be a weight-in area set up at each throwing ring. Only Indoor Shots are allowed.

**Seeding:** Running events will be seeded in the standard championship format, based on the performance list of entry times.

All running events will be conducted as finals against time, except the 60m dash and 60m Hurdles in which on section final will be contested.

Horizontal jumps and throwing event competitors will receive three preliminary jumps/throws. There will be a short break and the top nine competitors from the preliminary round will receive three more jumps/throws in the final. If there are 9 or fewer competitors entered in to the competition, all competitors will automatically advance to the final as long as one preliminary attempt is made.

For Long/Triple Jump cafeteria style will be used for the three preliminary jumps.

**Lanes:**

- 60m dash and 60mH; 1-8 will be used. Preferred lanes 4-5-3-6-2-7-1-8
- 200m-400m-800m; lanes 1-8 will be used. Preferred lanes 6-7-5-8-4-3-2-1

**200 meters:** Blocks can be used, we will not use lane 1.

**Food Services:** Concessions are available.

**Headphones:** *We do not allow for the use of headphones in the competition area.*

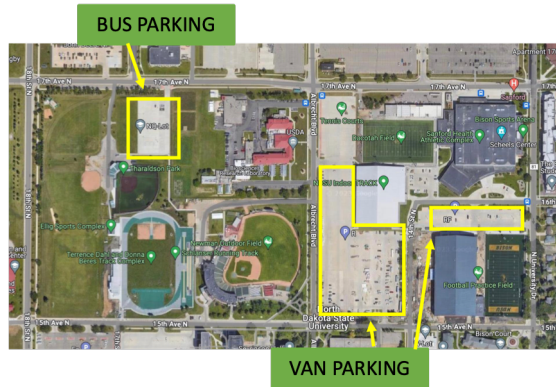
**Results:** Results will be posted throughout the meet on the northeast wall and near the entryway for spectators. Live results will be available at [www.herostiming.com](http://www.herostiming.com)

**Medical and Training Services:** The Athletic training area is located in the Northeast corner of the facility. The hours of operation will be 1 hour prior to the first event and 30 minutes after the final event.

**The Athletic training staff will be available to provide basic first aid, emergency care if needed. Athletic trainer can assist with taping / wrapping but schools / Student-athletes must provide their own supplies.**

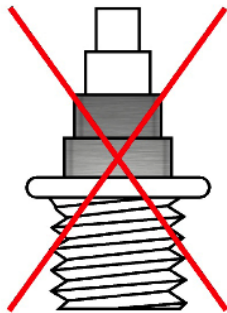
**Team Parking:**

- Buses and vans can drop off at the main entrance located on the east side of the facility  
Buses must park in NQ lot. Vans Parking is in RF or R Lot



**Facility restrictions:**

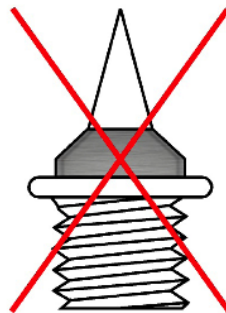
- The use of 1/4" pyramid spikes will be strictly enforced in all events other than High Jump which will allow for 3/8" pyramid spikes. Shoes will be checked @ check-in.
- Chalk will not be allowed on track surface or runways.



**NO  
Christmas  
Tree Spike  
Pins**



**1/4"  
Pyramid**



**NO  
Needle  
Spike  
Pins**

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	(Rolling schedule)			
<b>11:00</b>	4 x 800 RELAY	GIRLS	FINALS	
	<b>60 HURDLES</b>	<b>GIRLS</b>	<b>PRELIMS</b>	
	<b>60 METERS</b>	<b>GIRLS</b>	<b>PRELIMS</b>	
	1600 METERS	GIRLS	FINALS	
	4 X 200 RELAY	GIRLS	FINALS	(3 turn stager)
	60 HURDLES	GIRLS	FINALS	
	60 METERS	GIRLS	FINALS	
	400 METERS	GIRLS	FINALS	
	800 METERS	GIRLS	FINALS	
	200 METERS	GIRLS	FINALS	
	3200 METERS	GIRLS	FINALS	
	4 x 400 RELAY	GIRLS	FINALS	

**FIELD EVENTS:**

<b>11:00-12:30 LONG JUMP</b>	Cafeteria Style (3 Jumps) Flight 1 East Pit; Flight 2 West Pit <b>Finals to follow (West Pit)</b>
<b>11:00 HIGH JUMP</b>	1 Pit
<b>11:00 POLE VAULT</b>	1 Pit
<b>11:00 SHOT PUT</b>	2 Rings: Flights 1-3 South Ring; 4-6 North Ring <b>Finals North Ring</b>
<b>TRIPLE JUMP 15min following LJ</b>	East runway

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	(Rolling schedule)			
<b>4:00</b>	4 x 800 RELAY	BOYS	FINALS	
	<b>60 HURDLES</b>	<b>BOYS</b>	<b>PRELIMS</b>	
	<b>60 METERS</b>	<b>BOYS</b>	<b>PRELIMS</b>	
	1600 METERS	BOYS	FINALS	
	4 X 200 RELAY	BOYS	FINALS	(3 turn stager)
	60 HURDLES	BOYS	FINALS	
	60 METERS	BOYS	FINALS	
	400 METERS	BOYS	FINALS	
	800 METERS	BOYS	FINALS	
	200 METERS	BOYS	FINALS	
	3200 METERS	BOYS	FINALS	
	4 x 400 RELAY	BOYS	FINALS	

**FIELD EVENTS:**

**4:00-5:30pm LONG JUMP** Cafeteria Style (3 Jumps) Flight 1 East Pit; Flight 2 West Pit  
**Finals to follow (West Pit)**

**4:00 HIGH JUMP** 1 Pit

**4:00 POLE VAULT** 1 Pit

**4:00 SHOT PUT** 2 Rings: Flights 1-3 South Ring, 4-5 North Ring **Finals North Ring**

**TRIPLE JUMP 15min following LJ** East runway