

**North Dakota Indoor Tune-Up**  
*UND Indoor High Performance Center*  
*Saturday, February 18, 2017*

**Field Events**

10:00 AM	(W)	Weight Throw
12:30 PM	(M)	Weight throw
3:00 PM	(W)	Shot Put
3:00 PM	(M)	Shot Put
10:00 AM	(W)	Long Jump (rolling schedule)
↓	(M)	Long Jump
↓	(W)	Triple Jump
↓	(M)	Triple Jump
10:30 AM	(W)	Pole Vault
1:30 PM	(M)	Pole Vault
11:00 AM	(W)	High Jump
1:00 PM	(M)	High Jump

**Running Events**

11:30 AM	(W)	60H Prelim
11:45 AM	(M)	60H Prelim
11:55 AM	(W)	60m Prelim
12:10 PM	(M)	60m Prelim
12:35 PM	(W)	Mile
12:55 PM	(M)	Mile
1:15 PM	<b>(M)</b>	60H Final
1:25 PM	<b>(W)</b>	60H Final
1:35 PM	(W)	60m Final
1:40 PM	(M)	60m Final
1:50 PM	(W)	400m
1:55 PM	(M)	400m
2:10 PM	(W)	600m
2:15 PM	(M)	600m
2:25 PM		Jr Hawk 60m Dash
2:40 PM	(W)	800m
2:50 PM	(M)	800m
3:05 PM	(W)	200m
3:20 PM	(M)	200m
3:50 PM	(W)	3000m
4:05 PM	(M)	3000m
4:20 PM	(W)	4 x 400m
4:30 PM	(M)	4 x 400m
4:40 PM	(W)	DMR
4:55 PM	(M)	DMR