



Sisseton Redmen

Athletics

Jack Appel - Activities Director
Sisseton School District 54-2
516 8th Avenue West
Sisseton, SD 57262-1262
605.698.7613 ext. 130
Jack.Appel@k12.sd.us

2013 Sisseton/NSU Indoor Track Meet

Tentative Events List

Field Events (5:00 pm)

Long Jump

Triple Jump

Pole Vault

High Jump (on each end of the basketball court - girls on one end, boys on the other) in sneakers

Shot Put (2 rings available – one boys/one girls)

Running Events (5:15 pm)

55 Meter Hurdles

55 Meter Dash

1500 Meter Run

4x160 Meter Relay

400 Meter Dash

800 Meter Dash

200 Meter Dash

3000 Meter Run

4x400 Meter Relay