

**Bison Snowbird Indoor High School Meet**  
**Shelly Ellig Track and Field Complex**  
**March 31, 2023**

**Entry Information:**

- Entry information at [www.athletic.net](http://www.athletic.net)
- **Entries Due by March 30<sup>th</sup>, 6pm.**
- <https://www.athletic.net/edit/track/meet/register/4526444/overview>
- ***Max of 4 entries per field event, 6 entries per running event, 2 relays team allowed.***
- ***Questions: contact Reece Vega @ [reece.vega@ndsu.edu](mailto:reece.vega@ndsu.edu) 701.388.3705 or 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. Payment in full must be received at meet check-in at the east entrance. No Exceptions!!!!**
- Combined team entry fee not to exceed \$500.00 for dual gender programs. **Checks payable to NDSU Athletics**
- Heat sheets/results will be e-mailed out and posted on <http://www.herostiming.com>

**Facility Details:** Competition track is a 200m, 8-lane *Polytan* surface with two long/triple/pole-vault runways and two wood throw rings.

**Admission:** The meet will be open to the public.  
\$10 for adults / \$5 for 18 & under.

**Team Camps & Warm-Up Area:** Team camps and warm-ups can be done in the Indoor Performance Complex (IPF). The IPF is located across the street from the Indoor track on the East side. The IPF will open at 10:00am.

**NO FOOD OR DRINK** are allowed in the IPF (only water is allowed). (If your team has food or coolers they can bring them to the Indoor track on the west side)

**NO IMPLEMENTS, NO POLE VAULT POLES, NO FOOTBALLS** are allowed in the IPF. The IPF is only for team camps and warm-up area.

**Indoor Track Doors Open:** Doors will open at 9:45am to the Indoor Track.

**Event Area:** In conclusion of warm ups- only competitors in the flight are allowed in the competition site.

**Event Check-In:** Athletes in running events must report to the clerk of the course located in the northeast corner of the track facility. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.** Field event contestants should check-in with the head official at their event, no later than 30 minutes prior to their event.

**400 Meter Dash:** We will not be allowing blocks for the 400-meter dash. Remind your athletes so they know.

**Implement Weigh-In:** Only indoor shots are allowed. Implement inspection will be located at the shot put ring (Boys north ring, Girls south ring).

**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. Shot Put-will have 9 competitors advance to finals and receive three more throws.

Long Jump/Triple Jump-each competitor will receive three jumps. If a competitor jumps farther than the marks below they will receive an additional three jumps;

<u>Long Jump</u>	<u>Triple Jump</u>
Boys-20'6"	Boys-41'
Girls-16'	Girls-33'

**Lanes:**

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

**Coaching areas:** Coaches will be allowed on the infield.

*No student-athletes or spectators are allowed on the infield except those athletes competing in a field event that is in progress.*

**Parking:** NO PARKING will be allowed just east of the facility in F lot. Spectator parking will be in RF lot just east of the indoor track. Buses can load and unload at the front entrance (east). Designated bus parking will be in the NQ parking lot. The best option for team drop off is for your bus to come down university ave, take a right on 16<sup>th</sup> Street just south of the Sanford Health Athletic Complex

**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.

**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**

**BISON SNOWBIRD INDOOR TRACK & FIELD MEET**  
**Shelly Ellig Track and Field Complex**  
**MARCH 31, 2023**

<b>11:30</b>	4 x 800 RELAY	BOYS	FINALS	
	4 x 800 RELAY	GIRLS	FINALS	
	<b>60 HURDLES</b>	<b>BOYS</b>	<b>PRELIMS</b>	<b>(East Straight Away)</b>
	<b>60 METERS</b>	<b>BOYS</b>	<b>PRELIMS</b>	<b>(East Straight Away)</b>
	<b>60 METERS</b>	<b>GIRLS</b>	<b>PRELIMS</b>	<b>(West Straight Away)</b>
	<b>60 HURDLES</b>	<b>GIRLS</b>	<b>PRELIMS</b>	<b>(West Straight Away)</b>
	1600 METERS	BOYS	FINALS	
	1600 METERS	GIRLS	FINALS	
	4 X 200 RELAY	BOYS	FINALS	<b>(3 turn stager)</b>
	4 X 200 RELAY	GIRLS	FINALS	<b>(3 turn stager)</b>
	60 HURDLES	BOYS	FINALS	
	60 HURDLES	GIRLS	FINALS	
	60 METERS	BOYS	FINALS	
	60 METERS	GIRLS	FINALS	
	400 METERS	BOYS	FINALS	
	400 METERS	GIRLS	FINALS	
	800 METERS	BOYS	FINALS	
	800 METERS	GIRLS	FINALS	
	200 METERS	BOYS	FINALS	
	200 METERS	GIRLS	FINALS	
	3200 METERS	BOYS	FINALS	
	3200 METERS	GIRLS	FINALS	
	4 x 400 RELAY	BOYS	FINALS	
	4 x 400 RELAY	GIRLS	FINALS	

**FIELD EVENTS:**

***SP will be run in flights with the best seed marks in the last flight.***

***LJ/TJ will get 3 additional jumps if the competitor has a jump farther than these marks:***

***LJ: Boys-20'6" Girls-16' TJ: Boys-41' Girls-33'***

<b>11:00-12:30 LONG JUMP</b>	Boys BOTH runways
<b>1:00-2:30 LONG JUMP</b>	Girls BOTH runways
<b>3:00-4:30 TRIPLE JUMP</b>	Boys West runway, Girls East runway
<b>11:00 HIGH JUMP</b>	Girls –HIGH JUMP Boys follow girls
<b>11:00 POLE VAULT</b>	Boys Pole Vault, girls to follow 45min after boys PV
<b>11:00 SHOT PUT</b>	Girls SOUTH RING
<b>11:00 SHOT PUT</b>	Boys NORTH RING
<b>TRIPLE JUMP 15min following LJ</b>	Boys West runway
<b>TRIPLE JUMP 15min following LJ</b>	Girls East runway