

**NORTH DAKOTA HIGH SCHOOL
CLASS A INDOOR TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 24, 2023**

Entry Information:

- Entry information at www.athletic.net
- **Class A Link. Must be logged in by March 22nd. Entries Due by March 23rd, 6pm.**
<https://www.athletic.net/edit/track/meet/register/4532259/overview>
- *Entry Deadline Thursday, March 23rd by 6pm.*
- ***Max of 4 entries per field event and 6 entries per running event!***
- *Questions: contact Reece Vega @ reece.vega@ndsuh.edu 701.388.3705 or Stevie Keller stevie.keller@ndsuh.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 runways, two shot put rings, pole-vault runway.

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

Team Check-In & Packet Pick-up: Will be located at the clerking table (northeast corner of the building) **ALL TEAMS MUST CHECK-IN & PAYMENT MUST BE RECEIVED.**

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 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.

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. 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

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

Relay Cards: Due 10 minutes before the start of the Relay—Turn in to the clerk at the check in table. Relay cards will be at the check in table for coaches to pick up.

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 Fargodome parking lot. The best option for team drop off is for your bus to come down university ave, take a right on 16th 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

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**

NORTH DAKOTA HIGH SCHOOL
CLASS A INDOOR GIRLS TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 24, 2023

11:00	4 x 800 RELAY	GIRLS	FINALS	
	60 HURDLES	GIRLS	PRELIMS	
	60 METERS	GIRLS	PRELIMS	
	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:

LJ/TJ/SP will be run in flights with the best seed marks in the last flight.

11:00 LONG JUMP	Flights 1-2 east pit Flights 3-4 West pit Finals West Pit
11:00 HIGH JUMP	1 Pit
11:00 POLE VAULT	1 Pit
11:00 SHOT PUT	2 rings Flights 1-2 North Flights 3-4 South ring Finals South ring
TRIPLE JUMP 30min following LJ	East runway

NORTH DAKOTA HIGH SCHOOL
CLASS A BOYS INDOOR TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 24, 2023

4:00	4 x 800 RELAY	BOYS	FINALS	
	60 HURDLES	BOYS	PRELIMS	
	60 METERS	BOYS	PRELIMS	
	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:

LJ/TJ/SP will be run in flights with the best seed marks in the last flight.

4:00 LONG JUMP	Flights 1-2 east pit Flights 3-4 West pit Finals West Pit
4:00 HIGH JUMP	1 Pit
4:00 POLE VAULT	1 Pit
4:00 SHOT PUT	2 rings Flights 1-2 North Flights 3-4 South ring Finals South ring
TRIPLE JUMP 30min following LJ	West runway

Boys West runway