



GF STUCK INDOORS INVITE 2023

SITE: UND-Fritz Pollard Athletic Center

DATE: Saturday April 22nd, 2023

TIME: 1:30 PM - Field Events
1:30 PM - Running Events

ENTRIES: Entries will be through athletic.net. Entry questions can be directed to Randy Votava at rvotava100@mygfschools.org or Jeff Bakke at jbakke260@mygfschools.org by email. We are using limits of five entries for individual events. However, teams can enter two relays.

SCORING: Eight places (10, 8, 6, 5, 4, 3, 2, 1)

SPIKES: Only ¼ inch pyramid spikes allowed. Spikes will be checked prior to competition. Ensure your athletes have the correct spikes in their shoes.

FEES: Entry fee is \$175.00 per team per gender (\$350/school). Make checks payable to Grand Forks Public Schools, Attn: Activities Department, PO Box 6000, Grand Forks, ND 58201.

QUESTIONS: Email Jeff Bakke at jbakke260@mygfschools.org

1. Teams will not be allowed inside the FPAC before 12:15 PM.
2. Parking – located in the lot north of the FPAC.
3. We are planning to run the 1600 meters and 3200 meters, not the 1500/3000 meters. We will have three relays (4x800, 4x200, and 4x400) along with traditional track events. We will be following the outdoor schedule as closely as possible.
4. Preferred Lanes: 200m (5,6,7,4,8,3,2,1)/400m (4,5,6,3,7,2,8,1).
5. Limited concessions will be available.
6. Team Camps - will be on the south end of the turf. We want to keep half of the field free for warm ups and for fans to view the finish line. Absolutely NO FOOTBALLS, FRISBEES, or other TOYS will be allowed in the HPC. Those items will be confiscated and not returned.
7. Please bring tarps and/or blankets for the team camp area. Absolutely NO SUNFLOWER SEEDS. We ask that you keep the areas clean.
8. No tape or chalk allowed on the surface. We will have foam markers for athletes to mark steps in all the jumps.

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Fritz Pollard Athletic Center at UND

FIELD EVENTS

1:30 PM

Pole Vault – B

Triple Jump - B

Shot Put – B

Long Jump – G

High Jump – G

**Shot Put – G*

**if two rings are utilized*

Immediately following above field events

Pole Vault – G

Triple Jump – G

High Jump - B

Long Jump – B

**Shot Put – G*

**if one ring is utilized*

**Discus, javelin, and shot put may be held outside at Red River HS if weather allows.*

RUNNING EVENTS

1:30 PM

4x800 Relay

300 M Hurdles

100 M Dash

4x200 Relay

1600 M Run

400 M Dash

100/110 M Hurdles

800 M Run

200 M Dash

3200 M Run

4x400 M Relay

***Girls run first in all running events.**