Concordia Classic High School Indoor Track & Field Meet

OLSON FORUM, CONCORDIA COLLEGE, MOORHEAD, MINNESOTA

*Friday, March 31, 2023*

**4:30 pm girl’s LJ / 5:00 pm all other events**

**Spikes**: 1/4” pyramid will be ALLOWED in your track shoes.

Please instruct athletes to throw hip numbers in the garbage post-race; they do NOT belong on the floor, walls, equipment, etc.

### FIELD EVENTS

#### Horizontal jumps will be 3 jumps and no finals

**4:30 p.m.** Long Jump – girls to be followed by boys (try to limit number of entries)

Triple Jump – to follow boys long jump, cafeteria style boys and girls together (try to limit number of entries)

**5:00 p.m.**

High Jump – boys to be followed by girls

Pole Vault - boys to be followed by girls

**5:00 p.m.**

Shot Put – girls court 3 (north) – 3 prelim throws / top 8 to finals for 3 additional throws

Shot Put – boys court 4 (south) – 3 prelim throws / top 8 to finals for 3 additional throws

**TRACK EVENTS** (all events girls first, followed by boys)

**All events are timed finals – fastest heats running first except the 4 x 400 Relay in which the fastest heat will run last**.

**5:00 p.m. – rolling schedule**

4 x 800 Relay

55 Meter Dash

4 x 200 Relay

1600 Meters

55 Meter Hurdles

400 Meters

800 Meters

200 Meter Dash (try to limit number of entries)

3200 Meters (possible combined girls and boys depending on number of entries)

4 x 400 Meter Relay

**Meet entries due Wednesday, March 29 by 9:00 p.m.** – SEE BELOW.

UNLIMITED ENTRIES in all events including relays - only one relay can score points. We would rather have extra 4x200 and 4x400 Meter Relay teams than so many 200 entries.

**Try to limit number of entries in horizontal jumps as the runway is on the track in lanes 5-6, so tends to move more slowly.**

**The entry fee:** per team (each gender from a school is considered a separate team):

TEAM SIZE COST PER

(single gender) GENDER

<10 $15 per athlete

10-19 $150.00

20-29 $175.00

30-39 $200.00

40-49 $225.00

50-59 $250.00

60-75 $275.00

76-90 $300.00

>90 $350.00

Payment will be due the day of the meet. Make checks payable to Concordia College.

**Concordia Track and Field t-shirts to event winners including relays.**

**IF you wish to compete at this meet please reply to Marv Roeske at roeske@cord.edu.**

Admission: $10.00 adults / students of all ages FREE  
Concessions available.

### Meet Information: <https://concordiamn.prestosports.com/sports/index/2022-23/highschooltrackmeetinformation23> athlet

### Athletic.net Entries & Results

### 1. [Sign up for a free coach account](http://www.athletic.net/account/login/signup) (if you do not have one)

* Go to: [www.athletic.net](http://www.athletic.net)
* Click on '[**Log In**](http://www.athletic.net/account/login/signup)' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
* Complete the signup wizard
* After receiving the confirmation email, go on to #2

### 2. Add meets to your season calendar

* [**Log In**](http://www.athletic.net/account/login/) to Athletic.net
* Navigate to your team home by clicking your name in the upper right-hand corner to open the side menu, and then the home icon next to the appropriate team.
* In left panel, click TFI to get to indoor track & field meets.
* Click "**Add a Meet**" in your calendar box (near center) to navigate to the [Events page](http://www.athletic.net/events) (select the date of the meet)
* In the search bar, enter the HS meet you will attend.  
  **Concordia HS Indoor**
* Click on the meet to expand it, and locate the button to add it to your team’s calendar
* Repeat this process for the rest of your season calendar.

### 3. Enter team roster

* Navigate to your team page by opening the side menu, then click on your team.
* Click on Manage Team
* Click on Edit Roster under Athletes
* “Add Athletes” (right side) to the roster manually, or upload your roster using the "Upload Roster" option.

### 4. Register athletes for Your Meet

* Locate **the correct meet** on your team's main Track & Field page and click on the meet name.
* Click "**Register Athletes**"
* Click on an event name, or athlete name to begin registering
* Choose the correct division to enter athlete in
* Entries will be saved automatically. For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.
* Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

**Tips**

* Large teams often have each of their coaches sign in to register the athletes they are responsible for.

You can use this meet registration feature of Athletic.net for free for all your meets. The host team can download them from the website for free.