

# 2023 STATE TRACK MEET

On the next page you will find a copy of the schedule for the state track meet. But first, a few reminders.

**Weather**-- regardless of the forecast, you never really know what to expect. Therefore, be prepared for anything. It could be cold or raining or it could be hot and humid. Regardless, it will likely be windy as always. The weather just doesn't matter - - you cannot let it distract you. Use common sense (stay out of the sun if it's hot; plan for extra warm-up time if it's cold. Always carry some warm clothes and a towel.)

**Meet Regulations** -- Be aware of the following:

1. No one will be allowed in the infield area.
2. Team camps may be set up outside of the stadium, we will have our tent set-up on the east side of the track.
3. No coaches will be allowed on the track, infield area or jumping and throwing areas during the time the meet is in progress.
4. Contestants can not be on the infield when not competing.
5. You **MUST** have your pass to enter the stadium -- even if you are in full uniform.

**Remember** -- You have earned the right to compete in the state track meet -- because you are one of the state's best at your event(s)! You have a tremendous opportunity ahead of you-- all the physical work is done; now you need to prepare yourself mentally. I'm proud of what you've accomplished so far, but don't be satisfied yet, and I know you'll represent CENTRAL well this weekend. GOOD LUCK!!!

## Misc

- Bring money to eat at least 10 meals
- State meet t-shirts will be sold at the meet or order online, link is [knightrunning.com](http://knightrunning.com)
- Extra Towels

## Friday May 25, 2023

### Thursday May 24, 2023:

8:00 am Leave for Bismarck  
\*\* Be dressed to practice

11:30 pm Arrive in Bismarck  
**Everspring Inn & Suites**  
**200 East Bismarck Expressway**  
**701-222-2900**

Noon Check in/Eat Lunch

1:40 pm Leave for Track

3:00 pm Parade of Athletes -Complete Uniform

3:30 pm Class A Shot

4:30 pm 4x200 Prelims

5:15 pm 3200m Finals

7:00 pm Return to hotel  
Go out to dinner

10:00 pm In your own rooms

11:00 pm Lights out (REST!!!!)

Breakfast in hotel

8:00 am Ethan, Kyen leave for Track

9:00 am Everyone else leaves for track

5:00 pm Leave Track after 4x100

Go out to dinner

10:00 pm In your own rooms

11:00 pm Lights out

## Saturday May 27,

Breakfast in hote

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10:30 am Everyone leave for Track

Leave after Awards

Stop to eat on the way out of town