



The Great North Regional Open

Frederick "Fritz" D. Pollard Jr. Athletic Center

2419 Second Ave N Grand Forks, ND

March 23th, 2024



- ENTRY PROCEDURE:** Enter online at Athletic.net by Friday, March 22 at 6 p.m. Heat sheets will be posted Friday night and no additions will be allowed. Athletic.net is being used this year for the entry process.
- ENTRY FEES:** \$150 per gender (10 or more athletes) or \$15 per athlete; Fees must be paid via Athletic.net at the time of entry! **NO EXCEPTIONS.**
- ENTRY LIMITS:** Entries are limited.
- ADMISSION:** Admission fees are as follows: Adults (18 and older) \$10, youth (ages 10-18) \$5. Anyone under the age of 10 or associated with the team (trainers, administrators) will be free of charges.
- TEAM CAMPS:** Team camps will be located in the infield of the field house. These spaces are first come first serve
- WARM-UP:** When races are not in progress, the outside of the backstretch may be used. Hurdles must be kept in lanes 4-8, and all hurdles must be returned upon completion of warm-up
- IMPLEMENT WEIGH-IN:** Implements will be weighed on southwest corner of the Fieldhouse one hour prior to the start of the throwing events. Implements will not be impounded.
- HIP NUMBERS:** Hip numbers are located in the center of fieldhouse. Numbers are to be worn on the right hip. For distance events, numbers will be worn on the right hip and right chest.
- LONG JUMP RUNWAY:** Long Jump Runway is a Elevated wooden runway, length is 155ft.
- STAGING PROCEDURE:** 30 minutes PRIOR to track events, athletes must pick up your hip numbers at the table located at the center of the fieldhouse (50yd line). Check-in with the Clerk of Course at the start area 10 min prior to the start of your event. **Field Event Athletes** – check in with event official 30 minutes prior to the beginning of your event.
- ATHLETIC TRAINER:** Training facilities will be set up in the northwest corner of the field house. Please have your institution's trainers provide written instructions and consent for any type of treatment. No treatment will be given without written consent.
- RESULTS:** Live results will be posted on Hero's Timing.
- LOCKER ROOMS:** **Locker rooms will not be available**
- PARKING:** Please see the parking map attached
- QUESTIONS:** Contact: Jake Kish at Jacob.Kish@und.edu

Schedule of Events

Saturday March 23th

Field Events (3 attempts with 9 going to finals)

11:00AM Shot put (boys and girls run at the same time)
Long Jump (boys and girls run at the same time)
Pole Vault (girls followed by boys)
High Jump (boys followed by girls)
Triple Jump (boys and girls run at the same time following Long Jump)

Running Events times are TBD based on entries:

All running events will be Women followed by Men **except** 60m hurdle final. We will not run more than 20 minutes ahead of schedule.

12:00pm Women's 4x800m Relay
Men's 4x800m Relay
Women's 60m Hurdles **Prelims**
Men's 60m Hurdles **Prelims**
Women's 60m Dash **Prelims**
Men's 60m Dash **Prelims**
Women's Mile
Men's Mile
Women's 4x200m Relay
Men's 4x200m Relay
Men's 60m Hurdles **Final**
Women's 60m Hurdles **Final**
Women's 60m Dash **Final**
Men's 60m Dash **Final**
Women's 400m Dash
Men's 400m Dash
Women's 800m Run
Men's 800m Run
Women's 200m Dash (No Starting Blocks)
Men's 200m Dash (No Starting Blocks)
Women's 3200m Run
Men's 3200m Run
Women's 4 x 400m Relay
Men's 4 x 400m Relay



NORTH DAKOTA

EVENT PARKING

- A** Team Loading and Unloading
- B** Team Parking
- C** Spectator Parking
- D** Frederick "Fritz" D. Pollard Jr. Athletic Center
- E** Officials Parking

UNIVERSITY AVE

CONSTRUCTION

Parking Ramp



2ND AVE N

A E

D

Frederick "Fritz" D. Pollard Jr. Athletic Center

Hyslop Sports Center

CORNELL ST

COLUMBIA RD

Energy & Environmental Research Center

B

C

CAMPUS RD



Athletic Practice Fields

OVERPASS

Burlington-Northern Santa Fe Railroad

N 23RD ST