

# Shanley Invitational Track & Field Meet

Friday, April 26, 2024

South HS, Fargo, ND

Field Events at 12 pm; Running Events at 1 pm

**Entry Deadline:** Entries are due by Wednesday, April 24 at 7:00 pm. Send entries via athletic.net.

**Results:** Available at [Athletic.net](http://Athletic.net)

**Coaches meeting:** 11:15 sharp! We will use coaches as relay exchange zone judges.

**Entry Fee:** \$150 per gender or \$300 for a full team. Make checks payable to: Shanley High School.

Mail to:

Reggie Jackson

Shanley High School

5600 25<sup>th</sup> St. South

Fargo, ND 58104

**Team Camps:** The Fargo Arena will be available for team camps. Can also set up camps outside of the outdoor track. **ABSOLUTELY No team camps in infield!**

**Bus Parking:** Busses should park in the southeast corner of southside parking lot.

**Bathrooms:** Teams may use the bathrooms in the Arena to change, but they should use stadium restrooms for bathroom needs.

**Awards:** Individual medals for top 8 places and medals to all team members on top 4 relay teams. Awards can be picked up during the meet. Awards can be picked up once results have been announced in North press box.

**Spikes:** ¼ “ pyramid spikes only; no needle spikes

**Athletic Trainer:** A certified athletic trainer will be on site. Ice and water will be available. Teams must supply their own supplies, prewrap, tape, etc.

**Admission:** \$6 Adults \$4 students

**Concessions:** A full set of concessions will be available

### **Running Event Notes:**

- Entries are limited to **4** athletes per event and one relay team per gender.
- 1 heat only per gender of 4 x 800m relay and 3200m.
- Maximum of 3 heats per gender for the 1600m.
- Will consider combining 800m into 3 heats.
- If numbers dictate, we will create a JV division for distance races. If more than 24 per gender in 3200 or 48 in 800 and 1600 per gender, will run at noon in that time slot. We may combine genders for the 3200, but the 1600 and 800 will run separately by gender. Those will be determined by seed times entered. **ENTRIES are still limited to 4 per gender whether running at JV or varsity.** The early entry deadline on Wednesday, at 7 pm will allow us time to sort out and set up those heats in the JV division. Teams will be informed later Wednesday pm if an athlete was moved to the JV division. You will be allowed to adjust other entries as needed.

### **Field Events Notes:**

- 3 attempts in field attempts with top 9 advancing to finals. Top flights will go last.
- High jump and pole vault will use the "5 Alive" method.
- Minimum performance must be met for measurements; however, we will measure last attempt.
- Those minimum requirements will be sent out in advance and reviewed at coaches meeting.
- Shot put and discus will have competitors taking back-to-back attempts except the last flight.
- Javelin will take their 3 attempts in single throws.
- High jump and pole vault competitors will have 15 minutes from the time they check out with the event judge to complete their running event and return. Coaches or teammates may check them in with the clerk for their running event.
- Jumpers must set marks upon arrival. Once competition starts, there will be no measuring for marks. In-between genders, there will be 20 minutes for practice and run throughs. In between flights, athletes will be allowed 1 run through.
- We will be flexible with jumpers who are competing in running events and allow back-to-back attempts if requested.

**We are looking forward to a great meet and having your team participate!!!!**

Barry Anderson

701-388-3555

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