

**Otter Invitational**  
**Monday, April 11, 2022, 1:00 Field Events-1:30 Track Events**  
**Fergus Falls High School**

**Participating schools:** Fergus Falls, Bemidji, Detroit Lakes, Perham, Pelican Rapids, Minnewaska Area, Willmar

**Questions-** contact Randy Hansen [rhansen@fergusotters.org](mailto:rhansen@fergusotters.org)

1. **Entry Fee:** \$150 boys/ \$150 girls. \$300 for both
2. **Entries:** Unlimited entries.
  - **Rosters and Entries via Athletic.net. Please enter by 12:00 pm Sunday, April 10.**
    - i. Please enter a relatively accurate time, height or distance for each entry. Running events will be seeded. Shot and disc will be flighted. Entries can be added at the meet.
    - ii. Coaches will be emailed a meet program the morning of the meet. Changes can be made at and during the meet if necessary.
3. **Spikes** - ¼" pyramid or less
4. **Field Turf Protocol-** No food, gum, sunflower seeds or sugary beverages. No team camps. Turf is for warm ups only.
5. **Scoring (NFHS Rules):**
  - Individual Events: 10, 8, 6, 4, 2, 1 (Only top 4 individuals per team score)
  - Relays: 10, 8, 6, 4, 2, 1 (Only A relay scores)
  - Awards: Medals to 1st-3rd, ribbons to 4th-6th
6. National Federation rules and MSHSL modifications will govern the meet.
7. Restrooms will be available in the school though door K and also in the maintenance shed north of the track.
8. Athletic Trainer will be on site.
9. **Time Schedule-** please see attached time schedule. Athletes will need to report to the clerking area at the SW corner of the track by second call to get their heat and lane assignments.
10. **Running Events:** All races will be timed finals (NO PRELIMS). Fast heats first (**please coach athletes on how to organize themselves when reporting to the clerking area**). Athletes should report to the clerk of course by Second Call of their event to get heat and lane assignments.
  - Relay Zone Inspectors: Finalized at coaches meeting
    - i. 4x100
      1. Bemidji- Zone 1
      2. Detroit Lakes -Zone 2
      3. Perham -Zone 3
    - ii. 4x200
      1. Minnewaska & Pelican Rapids -Zone 1 & 3
      2. Willmar- Zone 2
11. **Field Events:**
  - Pole Vault and High Jump
    - i. Pole vault and high jump starting heights will be determined at the coaches meeting.
      1. Suggested heights (BHJ: 5-0, GHJ: 4-6, BPV: 7-0, GPV: 6-0)
      2. High jump will use 3 alive, pole vault will use 5 alive
    - ii. Please have athletes check out for track events and return as soon as possible to field events.
  - Horizontal jump pits: Cafeteria style. No finals.
    - i. Boys Triple Jump boards are 24', 28', 32', 36'
    - ii. Girls Triple Jump boards are 20', 24', 28', 32'

- iii. Long Jump board is 8'
  - Shot put and discus: Flighted 4 throws, no finals. **(Shot put may be held on turf infield)**
- 12. Final Results and HyTek TM results will be emailed to coaches directly following the meet. Results also posted on Athletic.net
- 13. **Entries:** All entries will be done via Athletic.net

1. **Sign up for a free coach account** (if you do not have one)

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '**Log In**' 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** 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.
- Click "**Add a Meet**" in your calendar box to navigate to the **Events page**
- In the search bar, enter **Otter Invite**
- Click on the meet to expand it, and locate the button to add it to your team's 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 to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the Otter Invite

- Locate **Otter Invite** 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 the athlete in.
- Times and distances for entries are not necessary.
- Entries will be saved automatically.
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed

# Otter Invite Time Schedule

Fergus Falls, Detroit Lakes, Bemidji, Perham, Pelican Rapids, Minnewaska Area, Willmar  
Fergus Falls High School

Monday, April 11, 2022, 1:00 Field Events- 1:30 Track Events  
(Rolling Schedule; Athletes will report to the clerk of course by 2nd call)

12:30 Coaches Meeting at the Start/Finish Line  
1:30 Girls 4x800m Relay  
1:45 Boys 4x800m Relay  
2:00 Girls 100m Hurdles  
2:10 Boys 110m Hurdles  
2:20 Girls 100m Dash  
2:30 Boys 100m Dash  
2:35 Girls 4x200m Relay  
2:40 Boys 4x200m Relay  
2:50 Girls 1600m Run (1 Heat)  
3:00 Boys 1600m Run (1 Heat)  
3:10 Girls 4x100m Relay  
3:15 Boys 4x100m Relay  
3:25 Girls 400m Dash  
3:35 Boys 400m Dash  
3:45 Girls 300m Hurdles  
3:50 Boys 300m Hurdles  
3:55 Girls 800m Run  
4:05 Boys 800m Run  
4:15 Girls 200m Dash  
4:25 Boys 200m Dash  
4:35 Boys and Girls Combined 3200m Run  
4:55 Girls 4x400m Relay  
4:00 Boys 4x400m Relay

## FIELD EVENTS

**Long Jump: 4 jumps- No Finals Cafeteria style**

1:00 Both Boys and Girls

**Triple Jump: 4 jumps- No Finals Cafeteria style**

3:00 Both Boys and Girls

**Discus: Flighted 4 throws- No Finals**

1:00 Girls first, followed by boys 20 minutes after girls finish

**Shot Put: Flighted 4 throws- No Finals**

1:00 Boys first, followed by girls 20 minutes after boys finish

1:00 **Boys Pole Vault first followed by girls 15 min after boys conclude**

1:00 **Girls High Jump first followed by boys 15 after girls conclude**