



WEST FARGO HIGH SCHOOL



Dr. Jennifer Fremstad
Principal

Dr. Wayne Samson
Asst. Principal

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Asst. Principal

Mrs. Rachel Bachmeier
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Dean of Students

Mr. Jay DeCann
Activities Director

West Fargo High School
801 9th Street East
West Fargo, ND
58078

(701)356-2050

DATE: April 1, 2022

TO: Athletic Director / Track Coaches

FR: Jay DeCann / Darin McKinnon

RE: Packer Relays Information

The Packer Relays Track & Field Meet will be held on Friday, May 6, 2022, at West Fargo High School. A coaches meeting will be held prior to the meet at 1:30 p.m. The start of the meet is scheduled for 2:00 p.m.

We will also be pre-entering ALL running and field events. Submit your entries via [Athletic.net](https://athletic.net) with times and distances.

DEADLINE FOR ENTRIES:

Thursday, May 5 (8:00PM)

Teams Invited: Central Cass (Boys & Girls)
Devils Lake (Boys & Girls)
Fargo Davies (Boys & Girls)
Fargo North (Boys & Girls)
Fargo South (Boys & Girls)
Grand Forks Central (Boys & Girls)
Grand Forks Red River (Boys & Girls)
Horace (Boys & Girls)
Kindred (Boys & Girls)
Shanley (Boys & Girls)
Valley City (Boys & Girls)
Wahpeton (Boys & Girls)
West Fargo Sheyenne (Boys & Girls)

The following pages provide meet information & schedule

"A Tradition of Academic Excellence"

www.west-fargo.k12.nd.us

PACKER RELAYS TRACK & FIELD MEET
FRIDAY, MAY 6, 2022 - WEST FARGO HIGH SCHOOL

Meet Information:

1. All teams should dress at home; dressing and shower facilities will not be available.
2. **Entries:** Each team is allowed **5** athletes per event and **1 relay team**.
3. **1/4" pyramid spikes will be allowed on all jumping and running surfaces.** No other spikes will be allowed on the running/jumping surfaces.
4. The Shot Put and Discus rings are on concrete slabs and the Javelin event is located on a grass field.
5. The Long and Triple Jumps events will have (3) attempts, with the top 9 advancing to finals.
6. The Shot Put, Discus & Javelin will have (3) attempts, with the top 9 advancing to finals.
7. The Pole Vault starting height for Boys and Girls will be determined at the coaches meeting.
8. The High Jump-starting height for Boys and Girls will be determined at the coaches meeting.
9. Each school must furnish all personal items, equipment, towels, etc. Starting blocks will be furnished and placed in the lanes for use.
10. **No tape is allowed on the track. Teams are responsible for their own markers for relay zones.**
11. Teams may set up camps only under the stadium, in the stands. **No team camps or throwing implements allowed on the infield.**
12. Have buses unload your teams on the north side of the hockey arena.
13. Meet conduct and eligibility will follow the rules of the N.D.H.S.A.A.
14. **Entry Fee:** There will be a **\$150.00** entry fee for each team entered. Boys and Girls from the same school are separate teams.

Admission for spectators will be \$6.00 for adults and \$4.00 for students

Concessions will be available

PACKER RELAYS

SCHEDULE OF EVENTS

Running Events: 2:30 P.M.

4 X 800 Meter Relay
300 Meter Hurdles
100 Meter Dash
4 X 200 Meter Relay
1600 Meter Run
4 X 100 Meter Relay
400 Meter Dash
110 Meter Hurdles
100 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4 X 400 Meter Relay
Throwers Relay

**** Boys will run first in each event**

Field Events: 2:00 P.M.

Long Jump.....Boys / Girls follow
Triple Jump.....Girls / Boys follow
High Jump.....Boys / Girls follow
Pole Vault.....Girls / Boys follow
Shot Put.....Girls / Boys follow
Discus.....Boys / Girls follow
Javelin.....Girls / Boys follow