



Mrs. Rachel Bachmeier
Principal

Dr. Wayne Samson
Asst. Principal

Mr. Jon Asprey
Asst. Principal

Mr. Rick Wilson
Asst. Principal

Mrs. Lindsey Metz
Dean of Students

Mr. Justin Behm
Activities Coordinator

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

(701)356-2050

DATE: April 17, 2023

TO: Athletic Director / Track Coaches

FR: Justin Behm / Darin McKinnon

RE: Packer Relays Information

The Packer Relays Track & Field Meet will be held on Friday, May 5, 2023, at West Fargo High School. A coaches meeting will be held prior to the meet at 10:30 a.m. The start of the meet is scheduled for 11:00 a.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 4 (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)
Hillsboro/Central Valley (Boys & Girls)
Horace (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”

PACKER RELAYS TRACK & FIELD MEET
FRIDAY, MAY 5, 2023 - 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: 11:30 A.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

100 Meter Hurdles

110 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4 X 400 Meter Relay

Throwers Relay

**** Girls will run first in each event**

Field Events: 11:00 A.M.

Long Jump.....Girls / Boys follow

Triple Jump.....Boys / Girls follow

High Jump.....Girls / Boys follow

Pole Vault.....Boys / Girls follow

Shot Put.....Boys / Girls follow

Discus.....Girls / Boys follow

Javelin.....Boys / Girls follow