

FARGO SOUTH HIGH SCHOOL

**1840 15th AVENUE SOUTH
FARGO, NORTH DAKOTA 58103**

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|--------------------------------------|---------------------|
| ADMINISTRATIVE OFFICE | 701.446.2000 |
| ATHLETIC DIRECTOR'S OFFICE | 701.446.2006 |
| Mike Grant, FS Head Girls | 701.235.8609 |
| Cameron Dockter, FS Head Boys | 701.730.2739 |

FARGO ROTARY TRACK AND FIELD MEET

ORVIK TRACK @ FSH

Monday May 8, 2023

1 pm (boys & girls combined)

\$125 per squad. \$250 if both b & g's are competing.

Please make checks payable to Fargo Public Schools.

**You may bring checks to the meet or mail them to FSH - Attn: Kristin Hapley
1840 15th Ave. South, Fargo, ND, 58103**

Teams who have replied to invite:

**Fargo North b&g
Fargo Shanley b&g
Grand Forks Central b&g
Grand Forks Red River b&g
Lisbon b&g
Wahpeton b&g
Fargo Davies b&g
West Fargo B&g
Fargo South b&g
Sheyenne b&g**

Please notice the event schedule for the Fargo Rotary Track and Field Meet. Fargo Rotary Club and Fargo South High School Boys and Girls Track and Field Teams host this competition.

Schedule

Minimum distances will be decided at coaches meeting prior to start of competition.

**1:00 Boys: LJ, PV, SP,
Girls: HJ, TJ, D, J**

**Boys: TJ, HJ, D to follow completion of girls
Girls: PV, LJ, SP, to follow completion of boys**

**1:00 4 X 800 RELAY
300 METER HURDLES
100 METER DASH
4 X 200 METER RELAY
1600 METER RUN
4 X 100 METER RELAY
400 METER DASH
110-100 METER HURDLES
800 METER RUN
200 METER DASH
3200 METER RUN
4 X 400 METER RELAY**

Girls first in all running events.

MEET INFORMATION

1. Teams are invited to use the dressing facilities and shower rooms at South High School.
2. The running and jumping surfaces are synthetic. **1/4" pyramid spikes only.**
3. The shot put and discus rings are concrete. Javelin will be thrown on the grass.
4. Teams may establish camps in the arena, outfield of the softball field or nw corner of track by tennis courts. **No camps on the track infield. No Spikes in the Arena.**
5. Please keep the finish area clear.
6. **Five (5)** entries per school in individual events; one relay team per school.
7. All competitors in the shot put, discus, javelin, long jump, and triple jump will be allowed three (3) attempts. Any athlete that meets the minimum standard will receive 3 more immediate attempts for a max of 6 attempts. Jumps will be cafeteria style and all attempts must be completed within the specified time.
8. Pole Vault: Girls start height will be 6'0" then move to 7' and then 6" thereafter, until a champion has been determined. Boys start height will be 8'0" then move to 9 and then 6" thereafter until a champion has been determined. Coaches make sure your vaulters bring their helmets and correct pole for their weight.
9. High jump: start height will be determined by hj coaches. The bar will then be raised 2" every completed height until a champion has been determined.
10. Each school must furnish their own batons, exchange zone markers, shots, discs etc.
11. Starting blocks will be furnished.
12. All athletes in running events should report, to the SE corner of the track on first call for their event. 300H will marshal in the NW corner. Accommodations may be made to run 100, 100H/110H and 200 on the west side of the track.
13. Buses should drop off teams at the southeast entrance (Southside Arena) to Orvik Track. Buses should park across the street in the softball complex parking lot. School is in session parking space is limited until 3:30 pm.
14. In case of inclement weather, each school will be notified regarding postponement or rescheduling. Entry fees will be returned in case postponement results in a team's cancellation.
15. Meet conduct and eligibility will follow the rules of NDHSAA.
16. Trainers will be on site or call. Please bring your own supplies.
17. Admission to this event is: \$6.00 for adults and \$4.00 for students.

Entry Instructions

We will be using computer timing system. **If you have not sent Ned your complete roster, please do so by May 3rd. We will pre-enter all events, include accurate times and distances. If you are emailing in entries using Athletic.net, your entries are due Sunday May 7th by 8 pm. If you are emailing your entries and Ned needs to hand enter them, your entries are due Saturday May 6th by 6 pm. Please email all your information by the above dates to nedclapp@cablone.net .** Minor lineup changes up to 30 minutes before meet time, after that time, scratches only will be accepted.