

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

TRACK AND FIELD OFFICE	701.446.2011
ADMINISTRATIVE OFFICE	701.446.2000
ATHLETIC DIRECTOR'S OFFICE	701.446.2006
Head Coach Cameron Dockter	701.730.2739

Gelaine Orvik True Team TRACK AND FIELD MEET

Orvik Track

Fargo South High School

2:00 PM; May 12, 2023

MEET ENTRY INFORMATION

Meet entry fee \$125.00

Please make payment to:

Fargo Public Schools

Fargo South High School

Attn: Kris

1840 15th St. S.

Fargo, ND 58103

The Fargo Classic Track and Field Meet will be held on Friday, May 12th, 2023. Again this year, the 8 teams included in the meet are Fargo South-host team, Grand Forks Central HS, Grand Forks Red River HS, West Fargo HS, Fargo North HS, Devils Lake HS, Horace HS, Moorhead HS. **Coaches meeting at 1:30pm at the finish line.**

Admission will charged for this event: Adults \$6 and Students \$4
Concession will be available.

1. The running, jumping, and vaulting surfaces are a rubber surface and **only 1/4" cone spike will be allowed.**
2. The shot put and discus rings are concrete slabs; the javelin will be thrown off a grass surface.
3. No team camps on the infield.
4. There will be 3(3) entries from each school in all individual events; only one relay team entry for each relay race.
5. All competitors in the shot put, discus, javelin, long jump, and triple jump will be allowed three (3) attempts. 9 finalists will be given three (3) additional attempts.
6. The pole vault will start with the bar at 9'6" and the bar will be raised at 6" increments until a champion is determined.
7. The high jump will start with the bar at 5'6" and the bar will be raised at 2" increments until a champion is determined. Girls at 4'5"
8. Each school must furnish all personal items, equipment, implements, etc.
9. Starting blocks will be furnished and placed in the lanes for everyone.
10. All athletes in running events should report to the SE corner of the track 10-15 minutes prior to their event.
11. Have buses drop your teams at the southeast entrance to the Track and Field Stadium.
12. In case of bad weather or inclement conditions, each school will be notified by telephone regarding postponement or rescheduling.
13. Meet conduct and eligibility will follow the rules of NDHSAA.

Scoring Procedures

We will be scoring every competitor in every event in what is called a "True Team" format. For a meet with 8 teams and 3 competitors slots in each event the scoring is as follows: Individuals: 24-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Relays: 24-21-18-15-12-9-6-3

Special Entry Instructions

Entries need to be sent to Ned Clapp (nedclapp@cablone.net) by Wednesday at 8:00 PM if **you are not using** Athletic.Net, Thursday at 8:00pm in Athletic.Net. After this time, scratches only please. We will allow a substitution for sickness or injury only, except relays-you may also substitute. Entries sent by Athletic.Net would be greatly appreciated. If not in Athletic.Net, we need name, grade, and performance. We will email you a vertical list of all events by 8:00 AM Friday morning. Please check these for accuracy. Any discrepancies can be changed by emailing Ned Friday morning (10:00 AM) or by calling. We will flight and heat events after scratches at the coaches meeting, any scratches after the coaches meeting will count towards the individual entry limit. Ned will have heats and flights in the press box shortly after the coaches meeting.

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**2:00 Pole vault-- Girls then boys
Shot put—Boys then Girls
Javelin— Boys then Girls
Discus- Girls then Boys
High jump - Girls then Boys
Long Jump- Girls then Boys
Triple Jump- Boys then Girls**

**3:00 4 x 800 meter relay--8:24.24
300 meter hurdles—42.04
100 meter dash--11.34
4 x 200 meter relay--1:34.24
1600 meter run--4:35.24
4 x 100 meter relay--:45.44
400 meter dash--:52.24
110 meter hurdles--:16.04
800 meter run--2:01.80
200 meter dash--23.24
3200 meter run--10:05.00
4 x 400 meter relay--3:34.24**

**Notes: Boys PV open at 9'6" then 10' 6" followed by 6 inch increments
Girls Pole Vault open 6'9" to 7'9" then 6 inch increments.
Boys HJ open 5'6"
Girls HJ open 4'5"**

Orvik-Radke CLASSIC TRACK AND FIELD MEET

MEET RECORDS

100 meters	Chad Loosemore; Fargo South HS	10.57	1992
	Mike Ekroth; Mandan HS	10.57	1987
200 meters	Mike Ekroth; Mandan HS	21.20	1987
400 meters	Jason Breitzman; Bismarck HS	48.41	1995
800 meters	Ken Norton; Mandan HS	1:56.20	1981
1600 meters	Jake Leingang; Bismarck HS	4:18.37	2012
3200 meters	Jake Leingang; Bismarck HS	9:26.65	2013
110 hurdles	Weston Leutz; Century HS	13.91	2006
300 hurdles	Ryan Chappell; GF Central HS	37.72	2004
4 x 100 relay	Fargo South HS	42.90	1987
4 x 200 relay	Fargo South HS	1:29.40	1987
4 x 400 relay	Century HS	3:21.55	2014
4 x 800 relay	Mandan HS	7:57.31	2004
Shot Put	Howard Hausauer; Bismarck HS	65'08.50	1987
Discus	Brian Burke; GF Red River	196'01.50	2013
Javelin (retired)	Brian Hogan; Jamestown HS	197'00.00	1978
Javelin	John Buehler; Dickinson HS	195'05.00	1994
Pole Vault	Joe Plencner; Fargo South HS	15'06.00	2005
High Jump	Charles Pokladnik; Bismarck HS	6'10.25	1991
Long Jump	Clint Leingang; Mandan HS	23'01.00	1987
Triple Jump	Mike Backes; Red River HS	45'08.00	1998