

# Grand Forks Still Indoors Invite 2023

Saturday, April 29<sup>th</sup>, 2023

**Site:** UND Fritz Pollard Athletic Center (Moved from Cushman Field)

**Date:** Saturday, April 29<sup>th</sup>, 2023 (Moved from 4/24 Track Meet)

**Time:** 1:00pm -Field Events

1:30pm – Running Events

**Entries:** Entries will be through athletic.net. Entry questions can be directed to Randy Votava at [rvotava100@mygfschools.org](mailto:rvotava100@mygfschools.org) by email.

**Scoring:** 6 places (10, 8,6,4,2,1)

**Spikes:** Only ¼ inch pyramid spikes allowed. Spikes will be checked prior to competition. Ensure your athletes have the correct spikes in their shoes.

**Questions:** Email Randy Votava @ [rvotava100@mygfschools.org](mailto:rvotava100@mygfschools.org)

1. Teams will not be allowed inside the FPAC before 12:15pm
2. Parking – Located in the lot north of the FPAC
3. We are having to change some events since we've moved indoors.
  - a. We will not be doing the Discus: please pull your athletes out of this event
  - b. No 4x100 Relay – Please pull your athletes out of this event.
  - c. No Sprint Medley Relay – Please pull your athletes out of this event.
  - d. We will be offering 4x200 Relay
  - e. We will be offering 4x400 Relay
4. Reason for the relay switch is the 2 relays aren't marked for exchange zones on their track.
5. No concession stands will be available
6. Team Camps – will be on the south end of the turf. We want to keep half of the field free for warm ups and for fans to view finish line. Absolutely **NO FOOTBALLS, FRISBEES, or other toys** will be allowed in the HPC. Those items will be confiscated and not returned.
7. Please bring tarps and/or blankets for the team camp area. Absolutely **NO SUNFLOWER SEEDS**. We ask that you keep the areas clean. Also **no food allowed on their turf/track**.
8. No tape or chalk allowed on the surface.
9. Because it's a Saturday meet we may need other volunteers to help run events.
10. We will be using an app called "Athletic Field" to run field events so if you run a field event we ask that you download that app on your phone or ipad. If not... one may be checked out from me in the press box.

11. All results will be broadcast live on live.athletic.net

## Order of Events

### Running Events:

Running Order: 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 8<sup>th</sup> Boys, JV Girls, JV Boys

1. 4x800 Relay (**JV Only**)
2. 300 Hurdles (**JV Only**)
3. 200 Hurdles (**MS Only**)
4. 100 Meters
5. 4x200 Relay
6. 1600 Meters
7. 400 Meters
8. 100 M Hurdles
9. 110 M Hurdles (**JV Boys Only**)
10. 800 Meters
11. 200 Meters
12. 3200 M Run (**JV Only**)
13. 4x400 Relay

### Field Events:

**\*\*\* ALL JAVELIN THROWERS FROM JV SCHOOLS SHOULD REPORT AT 12:30PM FOR THAT EVENT. ALL GRAND FORKS JAVELIN THROWERS WILL REPORT AT 11:30AM AND GET IT DONE!!! THIS WAY DISCUS CAN START AT 1:30PM**

All field events will be called over the Public Address System. Please listen for your event.

<b>Event</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>
Shot Put	8 <sup>th</sup> B	7 <sup>th</sup> B	8 <sup>th</sup> G	7 <sup>th</sup> G	JV G	JV B
Long Jump	7 <sup>th</sup> B	8 <sup>th</sup> B	7 <sup>th</sup> G	8 <sup>th</sup> G	JV B	JV G
High Jump	7 <sup>th</sup> G	8 <sup>th</sup> G	7 <sup>th</sup> B	8 <sup>th</sup> B	JV G	JV B
Discus	8 <sup>th</sup> G	7 <sup>th</sup> G	8 <sup>th</sup> B	7 <sup>th</sup> B	JV B	JV G
Pole Vault	JV G	JV B				
Triple Jump	JV B	JV G				
Javelin	JV G	JV B				

\*Please note for the shot put we will use the 6-pound shot for girls and 4K for boys for Middle School.

# Worker Assignments

## Finish Line

1. Twining (Dave Schulties)
2. South (Bill Chase)

## Field Event Assignments

**Shot Put** – Valley, HCV, Mayport C-G

**Discus** – Valley and Visiting School

**Long Jump** – South, EGF & 1 Visiting School  
Valley, Devils Lake & 1 Visiting Schools

**High Jump** – Schroeder & Schroeder

**Pole Vault** – JV Coaches

**Triple Jump** – JV Coaches

JV Coaches will be asked to step in and help officiate field events.

## Meet Management Responsibilities

**Starter** – Schroeder (Brian Strom)

**Meet Manager/Timer** – South (Randy Votava)

**Timer** – Twining (Jeff Welsch)

**Clerk of Course** - Valley (Dan Carlson & Kat Puhl)

**Public Address** – Schroeder (Jeremy Cebula)

**Ribbons (Middle School)** – Schroeder (Lauren McMillan)

**Middle Schools Participating:** GF Schroeder, GF South, GF FAFB Twining, GF Valley, EGF, Hillsboro Central Valley, Grafton, Thompson, Devils Lake, Mayport C-G

**JV Schools Participating:**

We may need volunteers to help run field events as well.