

**2023 Mayer Radke Invite**  
**Duane Carlson Stadium, Saturday, April 15**

**11:30 Start Time Field Events**

<b>Event</b>	<b>Division</b>	<b>Time</b>
High Jump	V Girls, JV Girls, V Boys, JV Boys	12:00
Long Jump	V Boys, JV Boys, V Girls, JV Girls	12:00
Pole Vault	V Boys, JV Boys, V Girls, JV Girls	12:00
Triple Jump	V Boys/Girls, JV Boys/Girls	Boys after HJ, Girls after LJ
Discus	V Boys, JV Boys, V Girls, JV Girls	12:00
Shot Put	V Girls, JV Girls, V Boys, JV Boys	12:00
Javelin	V Girls, JV Girls, V Boys, JV Boys	12:00

**1:00 Start Time Running Events**

all running events are Varsity Girls, JV Girls, Varsity Boys, JV Boys,

4x800m Relay
SPRINT MEDLEY (200M, 200M, 400M, 800M)
300m H
100m Dash
4X200m Relay
1600m Run
4x100m Relay
400m Dash
100m H/110M
800m Run
200m Dash
3200m Run
4x400m Relay

Notes:

There will be a JV and Varsity division for boys and girls in each event. Athletes need to check-in at the event area shortly after "2<sup>nd</sup> call" to be ready for their event.

Varsity will be three attempts and nine finalists

**General Info Before a meet:**

Pre-entered - event entries with season-best marks.

Event entries will be done through Athleticnet.

Late entries may not be seeded at Marshall, but will be allowed to compete (often last heat or first flight).

Please email scratches after the entry deadline to [djulius@mymmps.us](mailto:djulius@mymmps.us) (701-240-8713).

Please bring a supply of tape and athletic training supplies for your athletes.

Sports medicine staff will be available, but athletes should bring supplies for their own taping needs.

Spectators are allowed. Admission is \$5 adults, \$5 K-12 students

Entry fee is \$150. Send team entry fees to: attn: Jody Kraft; Minot High School; 215 2nd St SE; Minot, ND 58701.

Dressing and shower facilities at Magic City Campus are available by request prior to meet day.

**At the meets:**

Competitors in the field events must report to check-in before they are called to compete.

A busy competitor or their coach must check-in to request flight adjustments prior to their call.

Any athlete arriving after finals begin will not be allowed to compete.

Unless otherwise stated the following scoring system will be used: 10-8-6-5-4-3-2-1.

Concessions are available at Duane Carlson track stadium.

Only 1/4" cone spikes may be used on the track surface and the jumping approaches.

All running events will be timed finals. Starting blocks will be furnished. No outside blocks allowed.

Outdoor throwing events will take place downhill from the stadium to the lower North throwing fields.

Each team must be responsible for their own personal belongings and equipment, and any losses. We need every athlete and coach to pick up after themselves.

Conduct and eligibility according to the rules of the NDHSAA.