

**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

FARGO SOUTH JV INVITATIONAL

TRACK AND FIELD MEET

FARGO SOUTH HS – ORVIK TRACK

11:00 PM; Saturday, May 13, 2023

INVITED TEAMS:

Fargo South HS Boys
GF Red River HS Boys
GF Central HS Boys
West Fargo Boys
Shanley HS
Valley City HS

IF THE WEATHER DOES NOT COOPERATE, WE WILL CONTACT YOU BEFORE NOON OF MEET DAY FOR CHANGES OF TIMES OR DATES.

NOTICE THAT THIS IS BOYS and GIRLS COMPETITION.

**Buses please drop off and park in the north parking lot of the stadium.
Thank you.**

**Entry Fee \$100.00 Please make check payable to
Fargo Public Schools
Fargo South High School
ATTN: Kris Hapley
1840 15th Ave. S.
Fargo, ND 58103**

1. This meet is intended to be a JV type meet.
2. All teams are invited to dress at home South High School will do provide dressing rooms.
3. The running, jumping, and vaulting surfaces are rubber surface.
4. The shot put and discus rings are concrete slabs; the javelin will be thrown off a grass surface.
5. **NO TEAM CAMPS ON THE INFIELD. We have NO access to the arena for this meet.**
8. There will be unlimited entries from each school in all individual events; you may enter more relays but only one team can score.
9. All competitors in the shot put, discus, javelin, long jump, and triple jump will be allowed 3 attempts. All attempts will be measured. If the athletes meets a minimum standard they will get 3 additional attempts.
10. The pole vault starting heights will be determined at the coaches meeting and the bar will be raised 6" for the next round of attempts until a champion is declared.
11. The high jump starting height will be determined at the coaches meeting and the bar will be raised 2" for the next round of attempts until a champion is declared.
12. Each school must furnish all personal items, equipment, implements, etc.
13. Starting blocks will be furnished and placed in the lanes for everyone.
14. All athletes in running events should report to the apron at the SE corner of the track 10-15 minutes prior to their event.
15. No prior entries are needed. Running events will meet at the marshalling area, field events will sign up at the event.
16. Have buses drop your teams at the South East entrance to the Track and Field Stadium.
17. In case of bad weather or inclement conditions, each school will be notified by telephone regarding postponement or rescheduling. This rarely happens because we have the arena nearby for camps and warm-ups.
18. Meet conduct and eligibility will follow the rules of NDHSAA.
19. Please have your competitor numbers as will we marshal at the starting line.

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11:00 pole vault-boys

High jump--girls

Javelin--boys

discus-girls

long jump--boys

shot put--boys

triple jump--girls

11:30 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

110 meter hurdles

100 meter hurdles

800 meter run

200 meter dash

3200 meter run

4 x 400 meter relay