

**NDSU Snowbird Invite Indoor High School Meet**  
**Shelly Ellig Track and Field Complex**  
**March 28, 2024**

**Entry Information:**

- Entry information at [www.athletic.net](http://www.athletic.net)
- **Entries Due by March 27<sup>th</sup>, 6pm.**
- ***Max of 4 entries per field event, 6 entries per running event, 2 relays team allowed.***
- ***Questions: contact Reece Vega @ [reece.vega@ndsu.edu](mailto:reece.vega@ndsu.edu) 701.388.3705 or Stevie Keller [stevie.keller@ndsu.edu](mailto:stevie.keller@ndsu.edu) 701.793.0374***

**Entry Fees:**

- **\$30.00 per entry and relay team, not to exceed \$250.00 per team, per gender.**  
**Preferred payment method is online with credit card on athletic.net. Issues with this please contact the Meet Director.**
- \$500.00 for dual gender programs.
- Heat sheets/results will be e-mailed out and posted on <http://www.herostiming.com>

**Admission:** The meet will be open to the public.  
\$10 for adults / \$5 for 18 & under.

**Team Camps & Warm-Up Area:** Details and warm-up area will be sent out the week of the meet.

**Event Area:**

- **In conclusion of warm-ups, only competitors in the active flight are allowed on the infield. Once you are finished competing, you will be asked to leave the infield.**
- **ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD!**

**Coaching Boxes:**

- **Coaching boxes will be clearly marked. Please keep your coaching staff in that area.**

**Event Check-In:**

- **Track Athletes** - Check in 30 minutes prior to your event at the Clerking Area (refer to Facility Map). Five minutes prior to your event, report to the clerk of the course at the event start area. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.**
- **Field Event Athletes** - Contestants should check-in with the head official at their event, no later than 30 minutes prior to their event. Only the first flight will be allowed to use the competition area for warm up. Each additional flight we be giving 10-15min to warm up in the competition area.

**Implement Weight-In:** Weight-In will be at the event area. There will be a weight-in area set up at each throwing ring. Only Indoor Shots are allowed.

**Seeding:** Running events will be seeded in the standard championship format, based on the performance list of entry times.

All running events will be conducted as finals against time, except the 60m dash and 60m Hurdles in which on section final will be contested.

Horizontal jumps and throwing event competitors will receive three preliminary jumps/throws. Shot Put-will have 9 competitors advance to finals and receive three more throws.

**Lanes:**

- 60m dash and 60mH; 1-8 will be used. Preferred lanes 4-5-3-6-2-7-1-8
- 200m-400m-800m; lanes 1-8 will be used. Preferred lanes 6-7-5-8-4-3-2-1

**Parking:** BUS and Team Parking will be in NQ lot. We will email out more parking instructions the week of the meet.

**Food Services:** Concessions are available.

**Headphones:** *We do not allow for the use of headphones in the competition area.*

**Results:** Results will be posted throughout the meet on the northeast wall and near the entryway for spectators. Live results will be available at [www.herostiming.com](http://www.herostiming.com)

**Medical and Training Services:** The Athletic training area is located in the Northeast corner of the facility. The hours of operation will be 1 hour prior to the first event and 30 minutes after the final event.

**Facility restrictions:**

- The use of 1/4" pyramid spikes will be strictly enforced in all events other than High Jump which will allow for 3/8" pyramid spikes. Shoes will be checked @ check-in.
- Chalk will not be allowed on track surface or runways.



**NO  
Christmas  
Tree Spike  
Pins**



**1/4"  
Pyramid**



**NO  
Needle  
Spike  
Pins**

**NDSU SNOWBIRD INVITE INDOOR TRACK & FIELD MEET**  
**Shelly Ellig Track and Field Complex**  
**MARCH 28, 2024**

<b>1:00</b>	4 x 800 RELAY	BOYS	FINALS	
	4 x 800 RELAY	GIRLS	FINALS	
	<b>60 HURDLES</b>	<b>BOYS</b>	<b>PRELIMS</b>	<b>(East Straight Away)</b>
	<b>60 METERS</b>	<b>BOYS</b>	<b>PRELIMS</b>	<b>(East Straight Away)</b>
	<b>60 METERS</b>	<b>GIRLS</b>	<b>PRELIMS</b>	<b>(West Straight Away)</b>
	<b>60 HURDLES</b>	<b>GIRLS</b>	<b>PRELIMS</b>	<b>(West Straight Away)</b>
	1600 METERS	BOYS	FINALS	
	1600 METERS	GIRLS	FINALS	
	4 X 200 RELAY	BOYS	FINALS	<b>(3 turn stager)</b>
	4 X 200 RELAY	GIRLS	FINALS	<b>(3 turn stager)</b>
	60 HURDLES	BOYS	FINALS	
	60 HURDLES	GIRLS	FINALS	
	60 METERS	BOYS	FINALS	
	60 METERS	GIRLS	FINALS	
	400 METERS	BOYS	FINALS	
	400 METERS	GIRLS	FINALS	
	800 METERS	BOYS	FINALS	
	800 METERS	GIRLS	FINALS	
	200 METERS	BOYS	FINALS	
	200 METERS	GIRLS	FINALS	
	3200 METERS	BOYS	FINALS	
	3200 METERS	GIRLS	FINALS	
	4 x 400 RELAY	BOYS	FINALS	
	4 x 400 RELAY	GIRLS	FINALS	

**FIELD EVENTS:**

***SP will be run in flights with the best seed marks in the last flight.***

***Cafeteria style for Long Jump/Triple Jump.***

<b>12:30-2:00 LONG JUMP</b>	Boys BOTH runways
<b>2:30-4:00 LONG JUMP</b>	Girls BOTH runways
<b>4:30-6:00 TRIPLE JUMP</b>	Boys West runway, Girls East runway
<b>12:30 HIGH JUMP</b>	Girls –HIGH JUMP Boys follow girls
<b>12:30 POLE VAULT</b>	Boys Pole Vault, girls to follow 45min after boys PV
<b>12:30 SHOT PUT</b>	Girls SOUTH RING
<b>12:30 SHOT PUT</b>	Boys NORTH RING