



**Fargo Elite Meet Information**

**April 20<sup>th</sup>, 2024**

**Terry and Donna Dahl Track and Field Facility  
North Dakota State University**

**Teams:**

- Open to any high school athletes (regardless of state).

**Entries:**

- Top 24 entries will be accepted in each event
- Top 16 Relay teams will be accepted in each relay
- Entries for each event will be based on meet performances from the 2023 & 2024 outdoor seasons. Marks will be verified through Athletic.net before they are accepted.
- Entries must be from meets using Athletic.net and FAT times (hand times are not accepted).
- Entries will be open so everyone can see who is competing. This will help coaches know if their athletes are going to be getting accepted into the meet
- Horizontal jumps and throwing event competitors will receive three preliminary attempts. The top **nine** competitors from the preliminary round will receive three more jumps/throws in the final.

**Entry Procedures:**

- Online only on Athletic.net
- Entry link; <https://www.athletic.net/edit/track/meet/register/5225709/overview>
- Entries close April 17<sup>th</sup> at 11:59am

**Fargo Elite Meet Timeline**

- Entries Close: April 17<sup>th</sup> 11:59am
- Accepted Entries: Emailed out April 17<sup>th</sup> at 6pm
- Scratches Due: April 18<sup>th</sup> 11:59am
- Final Entries with additions emailed out April 18<sup>th</sup> at 6pm

**Entry Fees:**

- Entry fee is \$20 per athlete (max of \$200 per team/per gender).
- Payment will be accepted by credit card, check or cash at check-in

**Location and Facility**

- North Dakota State University
- 1701 15<sup>th</sup> Ave N; Fargo, ND 58102
- This will be the first high school meet contested on the **BRAND NEW Dahl & Beres Track & Field Complex**

- Eight lane full-pour polyurethane 400-meter track, with dual long jump, pole vault, and javelin runways. As well as dual shot put, discus, and high jump competition areas.

#### Seeding:

- All races will be seeded as finals against time
- In the 100, 100h, 110h, 200, 400, 800, 4 x 100m, 4 x 200m, and 4x400m relay, heats will be run slow to fast
- In the LJ, TJ, SP, DT and Jav. the top nine preliminary marks will advance to the finals

#### Results

- Live results can be found on [www.herostiming.com](http://www.herostiming.com)
- Live results will happen for both running and field events throughout the meet.

#### Team Seating/Team Camps:

- Team camps should be set up in the West field located just west of the track.

#### Warm-Up Area:

- West field located just west of the track.
- Warm-ups can be done on the outside straight away lanes or on the track if no events are going on.



#### Event Areas:

- In conclusion of warm-ups, only competitors in the active flight are allowed in the event area. Once you are finished competing, you will be asked to leave the area
- **ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD! We will be throwing shot put, discus and javelin on the infield so we ask that no one uses the infield for warm ups.**

### **Event Check-In:**

- **Track Athletes** - Check in 30 minutes prior to your event at the hip number table located on the North West end of the facility. Near the concession/bathroom building. 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.

### **Packet Pick-up:**

- Will be located at the Athlete Entrance (See map below). This will have Athlete/Coach Credentials, Relay Cards, etc.

### **Implement Certification:**

- Located at the storage building on the northeast side of the facility.
- Implement Certification will be open from 10:30am-1:00pm.
- All implements will be checked-in by the Weights and Measures Certifying Official.
- Implements will be impounded and brought to the event.

### **Lanes:**

- For the 100, 200, 400, 800, Relays and Hurdles, lanes 1-8 will be used.
- Preferred lanes are: 5-6-4-7-3-8-2-1 (200-400-800-300h, 4x1, 4x2, 4x4)
- Preferred lanes are: 4,5,3,6,2,7,1,8 (100, 110h, 100h)

### **Results:**

- Results will also be available online at HerosTiming.com and on the Hero's Timing app which can be downloaded free from the App Store.

### **Athletic Trainers:**

- NDSU athletic training staff will be located adjacent to the finish area.

### **Facility Restrictions:**

- The use of ¼" pyramid spikes will be enforced. High Jump spikes with the recessed spike elements will be allowed to use 3/8" spikes.
- No marking chalk will be allowed on track or runway.

### **Event Areas:**

**ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD! We will be throwing shot put, discus and javelin on the infield so we ask that no one uses the infield for warm ups.**

### **Awards:**

- Winner of each event will receive a Fargo Elite Meet Award.

**Team Parking:**

- Buses and vans can drop off and Park in NQ lot North of the Softball Field

**Team Entrance:**

- Teams will enter the facility through the North Gate just south of the softball fields





*April 20<sup>th</sup>, 2024*

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**Field Events:**

<b>12:00 p.m.</b>	Long Jump	Girls East runway
<b>12:00 p.m.</b>	Long Jump	Boys West runway
<b>12:00 p.m.</b>	Pole Vault	Girls followed by Boys
<b>12:00 p.m.</b>	Javelin	Boys Followed by Girls <b>(on the infield-off grass)</b>
<b>2:30 p.m.</b>	High Jump	Girls East pit
<b>2:30 p.m.</b>	High Jump	Boys West pit
<b>3:00 p.m.</b>	Discus	Girls followed by boys
<b>3:00 p.m.</b>	Shot Put	Boys followed by Girls
<b>3:30 p.m.</b>	Triple Jump	Girls East runway
<b>3:30 p.m.</b>	Triple Jump	Boys West runway

(Field events will be contested in two flight, top 9 marks will advance to finals)

**Running Events:**

**Girls followed by Boys**

(Heats will run slow to fast)

<b>1:00 p.m.</b>	<b>4 x 800M Relay</b>
<b>1:25 p.m.</b>	<b>300M Hurdles</b>
<b>1:50 p.m.</b>	<b>100M Dash</b>
<b>2:10 p.m.</b>	<b>4 x 200M Relay</b>
<b>2:40 p.m.</b>	<b>1600M Run</b>
<b>3:05 p.m.</b>	<b>4 x 100M Relay</b>
<b>3:30 p.m.</b>	<b>400M Dash</b>
<b>4:00 p.m.</b>	<b>100M Hurdles Girls</b>
<b>4:20 p.m.</b>	<b>110M Hurdles Boys</b>
<b>4:40 p.m.</b>	<b>800M Run</b>
<b>5:00 p.m.</b>	<b>200M Dash</b>
<b>5:20 p.m.</b>	<b>3200M Run</b>
<b>5:50 p.m.</b>	<b>4 x 400M Relay</b>