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PACKER RELAYS TRACK & FIELD MEET

TO: Athletic Director / Track Coaches

FR: Justin Behm / Darin McKinnon

RE: Packer Relays Information

The Packer Relays Track & Field Meet will be held on Friday, May 3, 2024, at West Fargo High School. A coaches meeting will be held prior to the meet at 10:30 a.m. The start of the meet is scheduled for 11:00 a.m.

We will also be pre-entering ALL running and field events. Submit your entries via [Athletic.net](https://athletic.net) with times and distances.

DEADLINE FOR ENTRIES:

Thursday, May 2 (8:00PM)

Teams Invited: Devils Lake (Boys & Girls)
Fargo Davies (Boys & Girls)
Fargo North (Boys & Girls)
Fargo South (Boys & Girls)
Grand Forks Central (Boys & Girls)
Grand Forks Red River (Boys & Girls)
Hillsboro-Central Valley (Boys & Girls)
Horace (Boys & Girls)
Moorhead (Boys & Girls)
Northern Cass (Boys & Girls)
Oak Grove (Boys & Girls)
Shanley (Boys & Girls)
Valley City (Boys & Girls)
Wahpeton (Boys & Girls)
West Fargo Sheyenne (Boys & Girls)

“A Tradition of Academic Excellence”

PACKER RELAYS TRACK & FIELD MEET
FRIDAY, MAY 3, 2024 - WEST FARGO HIGH SCHOOL

Meet Information:

1. All teams should dress at home; dressing and shower facilities will not be available.
2. **Entries:** Each team is allowed **5** athletes per event and **1 relay team**.
3. **1/4" pyramid spikes will be allowed on all jumping and running surfaces.** No other spikes will be allowed on the running/jumping surfaces.
4. The Shot Put and Discus rings are on concrete slabs and the Javelin event is located on a grass field.
5. The Long and Triple Jumps events will have (3) attempts, with the top 9 advancing to finals.
6. The Shot Put, Discus & Javelin will have (3) attempts, with the top 9 advancing to finals.
7. The Pole Vault starting height for Boys and Girls will be the following:
Girls – 6'3, 7'3, 6 inches after / Boys – 8'6, 9'6, 10'6, 6 inches after
8. The High Jump-starting height for Boys and Girls will be the following:
Girls – 4'1 / Boys – 5'2
9. Each school must furnish all personal items, equipment, towels, etc. Starting blocks will be furnished and placed in the lanes for use.
10. **No tape is allowed on the track. Teams are responsible for their own markers for relay zones.**
11. Teams may set up camps only under the stadium, in the stands. **No team camps or throwing implements allowed on the infield.**
12. Have buses unload your teams on the north side of the hockey arena.
13. Meet conduct and eligibility will follow the rules of the N.D.H.S.A.A.
14. **Entry Fee:** There will be a **\$150.00** entry fee for each team entered. Boys and Girls from the same school are separate teams.

Admission for spectators will be \$6.00 for adults and \$4.00 for students

Concessions will be available

PACKER RELAYS

SCHEDULE OF EVENTS

Running Events: 12:00 P.M.

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

Throwers Relay

**** Boys will run first in each event**

Field Events: 11:00 A.M.

Long Jump.....Boys / Girls follow

Triple Jump.....Girls / Boys follow

High Jump.....Boys / Girls follow

Pole Vault.....Girls / Boys follow

Shot Put.....Girls / Boys follow

Discus.....Boys / Girls follow

Javelin.....Girls / Boys follow