

2024 GELAINE ORVIK TRUE TEAM TRACK & FIELD MEET

Friday, May 10th at 3:00 PM

Orvik Track at Fargo South High School

1840 15th Avenue South

Fargo, North Dakota 58103



Administrative Office	701-446-2000
Mike Beaton-Activities Coordinator	701-446-2006
Cameron Dockter-Boys' Head Coach	701-730-2739
Mike Grant-Girls' Head Coach	651-247-1760

Participating Teams:

Devils Lake	Boys and Girls
Fargo South	Boys and Girls
Fargo North	Boys and Girls
Grand Forks Central	Boys and Girls
Grand Forks Red River	Boys and Girls
Moorhead	Boys and Girls
West Fargo	Boys and Girls

Meet Information

1. All teams should dress at home; dressing and shower facilities will not be available.
2. We will be pre-entering all running and field events. Submit your entries via Athletic.net with times and distances.
DEADLINE FOR ENTRIES: Thursday, May 9th (6:00PM)
3. Each team gets 4 entries per event, and 1 relay team per race.
4. **NO TEAM CAMPS ON THE FOOTBALL FIELD.** Team camps should be set up on grass surrounding the track.
5. Avoid large groups by the field event and finish line.
6. The running, jumping, and vaulting surfaces are all rubber surfaces and only 1/4" cone spikes will be allowed. No one will be allowed to compete without compliance with this guideline.
7. The shot put and discus rings are concrete slabs; the javelin will be thrown off a grass surface.
8. All competitors in the shot put, discus, javelin, long jump, and triple jump will be allowed 3 attempts, with the top 9 going to finals.
9. **Absolutely, no tape on the runways or on the track for relays zones.** High Jump, Long Jump and Triple Jump will have chalk supplied.
10. Coaches meeting at 2:30.
11. 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.
12. 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.
13. Teams are responsible for their own relay markers for the relay zones. Each school must furnish all personal items, equipment, implements, etc.
14. Have your buses drop your teams off at the southeast entrance to the Track and Field Stadium.
15. In case of bad weather or inclement conditions, each school will be notified before noon by telephone regarding postponement or rescheduling. Entry fees will be returned if the meet is canceled or if rescheduling prevents a team from participating.
16. The infield turf may be used for warm ups. Coaches, non-competing athletes, and spectators must be in the stands or behind the fence.
17. Admission will be charged for this event. \$6 for adults, \$4 for students.
18. Meet conduct and eligibility will follow the rules of the NDHSAA.
19. Every athlete/relay will score using the following format:
Individuals: 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
Relays: 21, 18, 15, 12, 9, 6, 3
20. There will be a \$150.00 entry fee for each team entered. Boys and Girls from the same school are separate teams. (Checks payable to Fargo Public Schools) **Send to:**
Fargo South High School ATTN: Kristen Haphey
1840 15th Ave. S. Fargo, ND 58103

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Friday, May 10th at Orvik Track at Fargo South

Running Events-4:00 p.m.

4 x 800m Relay ***Boys will run first in all events***
300m Hurdles
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
110m Hurdles
100m Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay

Field Events-3:00 p.m.

Shot Put ***Girls followed by Boys***
Discus ***Boys followed by Girls***
Javelin ***Girls followed by Boys***
Long Jump ***Boys followed by Girls***
Triple Jump ***Girls followed by Boys***
Pole Vault ***Girls followed by Boys***
High Jump ***Boys followed by Girls***