



2024 EDC INDOOR TRACK & FIELD

SITE: UND-Fritz Pollard Athletic Center

DATE: Saturday, April 6, 2024

TIME: 11:00 AM – Enter facility (NO EARLIER)
12:30 PM - Field Events
1:00 PM - Running Events

ENTRIES: Entries will be through athletic.net. Entry questions can be directed to Ryan McCrady (herostiming@gmail.com) by email. Entries will vary by event, due to time and space constraints. They are as follows:

60M/60H – 9 entries/team (two straightaways, run simultaneously)

All other running events – 7 entries/team

Relays – 2 entries/team

Field events – 7 entries/team

SCORING: Eight places (10, 8, 6, 5, 4, 3, 2, 1), 1 scoring relay per school.

SPIKES: Only ¼ inch pyramid spikes allowed. Spikes will be checked prior to competition. Ensure your athletes have the correct spikes in their shoes.

FEES: *Entry fee will be covered by the Eastern Dakota Conference.*

RESULTS: Live results will be posted on Hero's Timing.

ADMISSION: \$10 adults/\$5 students

QUESTIONS: Email Jeff Bakke at jbakke260@mygfschools.org

1. DUE TO UND SPRING FOOTBALL, NO TEAM IS ALLOWED INTO THE FPAC BEFORE 11 AM. IF YOU ARRIVE BEFORE THAT, YOU MUST WAIT ON YOUR BUS.
2. Parking – see map attached.
3. We are planning to run the 1600 meters and 3200 meters, not the 1500/3000 meters. We will have three relays (4x800, 4x200, and 4x400) along with traditional track events.
4. Preferred Lanes: 200m (5,6,7,4,8,3,2,1)/400m (4,5,6,3,7,2,8,1).
5. Limited concessions will be available.
6. Team Camps - will be on the south end of the turf. We want to keep half of the field free for warm ups and for fans to view the finish line. Absolutely NO FOOTBALLS, FRISBEES, or other TOYS will be allowed in the HPC. Those items will be confiscated and not returned.
7. Please bring tarps and/or blankets for the team camp area. Absolutely NO SUNFLOWER SEEDS. We ask that you keep the areas clean.
8. Horizontal Jumps-see below:

Boys LJ (two pits: 12:30-2:00)

No finals, athletes who hit a minimum standard will get three additional jumps.

North Pit (top 25 seeded jumpers-grouped as one flight on the tablet, athletes will need competitor numbers on their hand)

South Pit (remaining jumpers-grouped as one flight on the tablet, need competition numbers on hand)

*Competitor numbers will be given out when checking in.

*From 12:30-12:50, the top 10 seeded jumpers in the field will have 20 minutes to complete/start their jumps (and hopefully finish before the 60 starts). After that, the other 15 athletes will join and have the remaining time to finish their jumps. On the south pit, all athletes will have 90 minutes to finish.

Girls LJ (two pits) 2:20-3:50 (or earlier if boys finish before that).

Same procedure as the boys with the top 25 seeded athletes on one pit and the remaining athletes on the other pit. Athletes will have 90 minutes to complete their jumps.

Boys and Girls TJ (one pit each) 4:10-finish (or earlier if girls LJ finishes)

Depending on entry numbers, Delmore proposes two flights of athletes. If people hit the standard, they can get 3 more jumps. If entries are small enough, we will just have one flight (cafeteria style) for each gender.

EDC INDOOR TRACK & FIELD MEET 2024

Saturday, April 6th
Fritz Pollard Athletic Center at UND

FIELD EVENTS

12:30 PM

Pole Vault – B

Long Jump - B

High Jump – G

Immediately following above field events

Pole Vault – G

Long Jump – G

High Jump - B

Long Jump – B

Immediately following above LJ - G

Triple Jump – B/G (two pits)

RUNNING EVENTS

1:00 PM

4x800 Relay

60 M Dash (prelims)

60 M Hurdle (prelims)

1600 M Run

4x200 Relay

60 M Dash (finals)

60 M Hurdle (finals)

400 M Dash

800 M Run

200 M Dash

3200 M Run

4x400 M Relay

*Boys run first in all running events.



THE SUMMIT LEAGUE
NORTH DAKOTA

EVENT PARKING

- A Team Loading and Unloading
- B Team Parking
- C Spectator Parking
- D Frederick "Fritz" D. Pollard Jr. Athletic Center
- E Officials Parking

