



**NORTH HIGH SCHOOL**  
801 17th Avenue North  
Fargo, ND 58102  
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Mr. Travis Christensen, *Principal* • 701.446.2404  
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## Fargo North vs. Fargo South + Ben Franklin vs. Carl Ben Meet

**Site:** Fargo North High Track Complex (801 17<sup>th</sup> Ave. N.)

**Date:** Tuesday, April 23<sup>rd</sup>, 2024

**Time:** 1:30: Facility Opens to Teams

2:30: Spectators Welcome

3:00: Field Events Begin

3:30: Track Events Begin

### Schedule of Events

\*Events with asterisk will only be offered to high school athletes\*

**3:00**      **Field Events – HS followed by MS**  
Boys: Long Jump, Pole Vault, Shot Put  
Girls: High Jump, Triple Jump, Discus, Javelin\*

**(Following completion of 3:00 events)**

Boys: Triple Jump\*, High Jump, Discus, Javelin\*  
Girls: Pole Vault, Long Jump, Shot Put

**3:30**      **Track Events (rolling schedule)**  
4x800\*  
300 Meter Hurdles\*  
(200 Meter Hurdles MS)  
100 Meter Dash  
4x200 Meter Relay  
1600 Meter Run  
4x100 Meter Relay  
400 Meter Dash  
110-100 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
3200 Meter Run\*  
4x400 Meter Relay

### Participating Schools

**Fargo North High School**

**Fargo South High School**

**Ben Franklin Middle School**

**Carl Ben Eielson Middle School**

## **Meet Information**

1. Order of track events: HS B, HS G, 8<sup>th</sup> grade B, 8<sup>th</sup> grade G, 7<sup>th</sup> grade B, 7<sup>th</sup> grade G.
  - a. For events only offered to HS, order will be HS B, HS G
  - b. Depending on number of entries, 7<sup>th</sup> and 8<sup>th</sup> grade gender groups may be combined in the 1600.
  - c. Depending on number of entries, boys and girls may be combined in the 3200.
2. Teams should arrive dressed in uniforms, as showers and locker rooms will not be available.
3. Entry fee: \$150 per gender, per school (both genders would be \$300).
4. Running and jumping surfaces are synthetic:  $\frac{1}{4}$ " **pyramid spikes only** are allowed.
5. Team camps should be located in the bleachers or in the spaces behind the bleachers.
6. Entries for all events are UNLIMITED. Please enter event assignments by 6:00PM on April 22<sup>nd</sup>.
7. High school divisions for field events (throws, jumps, and vaults) will finish before middle school divisions begin.
  - a. High school field event competitors will receive three attempts; athletes meeting minimum standards will receive three additional attempts. Jumps are going to be cafeteria style and must be completed within the specified time (listen for announcements for final attempt opportunities).
  - b. Middle school field event competitors will receive three attempts – no finals.
8. HS Pole Vault: Girls start height will be 6'0" then move to 7' and then 6" thereafter, until a champion has been determined. Boys start height will be 8'0" then move to 9 and then 6" thereafter until a champion has been determined. Coaches: make sure your vaulters bring their helmets and correct pole for their weight.
9. High jump: start height will be determined by high jump coaches. The bar will then be raised 2" every completed height until a champion has been determined.
10. Each school must furnish their own batons, exchange zone markers, shots, discs etc.
11. Starting blocks will be furnished.
12. All athletes in running events should report to the northeast corner of the track on first call for their event. 300H will marshal in the southwest corner. Accommodations may be made to run 100, 100H/110H and 200 on the south side of the track.
13. Buses should drop athletes off in the student parking lot along 17<sup>th</sup> Avenue North.
14. In case of inclement weather, each school will be notified regarding postponement or rescheduling. Entry fees will be returned in case postponement results in a team's cancellation.
15. Meet conduct and eligibility will follow the rules of NDHSAA.
16. Trainers will be on site or call. Please bring your own supplies.
17. Admission to this event is: \$6.00 for adults and \$4.00 for students.
18. Concessions will be available for purchase on-site.

**\*\*If any entry changes are needed after the deadline, please email Keith Lehman ([lehmank@fargo.k12.nd.us](mailto:lehmank@fargo.k12.nd.us)) as soon as possible in advance of the meet. Changes will be made if possible, but please try to minimize last-minute changes.\*\***

**We look forward to hosting you on Tuesday, April 23<sup>rd</sup> here at North High! If you have any questions reach out to:**

**Keith Lehman ([lehmank@fargo.k12.nd.us](mailto:lehmank@fargo.k12.nd.us)), Girls' Coach**

**Gary Mailloux ([maillga@fargo.k12.nd.us](mailto:maillga@fargo.k12.nd.us)), Boys' Coach**

**Dan Shultis ([shultid@fargo.k12.nd.us](mailto:shultid@fargo.k12.nd.us)), Activities Director**



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