

2017 CLASS A
NORTH DAKOTA HIGH SCHOOL
INDOOR TRACK & FIELD CHAMPIONSHIPS
Shelly Ellig Track and Field Complex
MARCH 24, 2017

Entry Information:

- Entry information at www.directathletics.com
- To submit a Team Manager file with entries, please visit ProTrackTiming.com to download the required file for entries. All Team Manager files need to be sent by the entry deadline.
- Meet information will be posted on www.gobison.com
- *Entry Deadline Thursday, March 23rd by 12 noon.*
- *Max of 4 entries per event!*
- *Questions: contact Stevie Keller stevie.keller@ndsu.edu 701.793.0374*

Entry Fees:

- \$20.00 per individual and or relay team, not to exceed \$150.00 per team, per gender. Payment in full must be received at meet check-in at the **east entrance**.
- Combined team entry fee not to exceed \$300.00 for dual gender programs
- Heat sheets/results will be e-mailed out and posted on www.protracktiming.com

Facility Details: Competition track is a 200m, 8-lane *Polytan* surface with two long/triple/pole-vault runways. We have an inlaid poured concrete throws ring. In addition, adjacent Dacotah Field is enclosed with a bubble for the winter and will be utilized for team camp, warm up and check in area.

Packet Pick-Up: Packet pick-up will be available at the ticket table in the entryway.

Team Camps: Team camps will only be allowed in the bubble. No team camps allowed on the inside of the oval. No team camps allowed in the bleachers on the main straight.

Warm-Up Area: Warm-ups area will be located in the bubble north of the track facility. To access the bubble, use the north door of the indoor track. Please be responsible for team cleanup. All non track and field equipment is off limits in the bubble.

Event Area: In conclusion of warm ups- only competitors in the flight are allowed in the competition site.

Event Check-In: Athletes in running events must report to the clerk of the course located in the northeast corner of the track facility. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.** Field event contestants should check-in with the head official at their event, no later than 30 minutes prior to their event.

Implement Weigh-In: Only indoor shots are allowed. Implement inspection is located in the northwest corner of the facility.

Seeding: Running events will be seeded in the standard championship format, based on the performance list of entry times.

All running events will be conducted as finals against time, except the 60m dash and 60m Hurdles in which on section final will be contested.

Horizontal jumps and throwing event competitors will receive three preliminary jumps/throws. There will be a short break and the top nine competitors from the preliminary round will receive three more jumps/throws in the final. If there are 9 or fewer competitors entered in to the competition, all competitors will automatically advance to the final as long as one preliminary attempt is made

Lanes:

- 60m dash and 60mH; 1-8 will be used. Preferred lanes 4-5-3-6-2-7-1-8
- 200m dash; lanes 2-8 will be used. Preferred lanes 7-8-6-5-4-3-2
- 400m dash; lanes 2-8 will be used. Preferred lanes 7-8-6-5-4-3-2

Relay Cards: Due 10 minutes before the start of the Relay—Turn in to the clerk at the check in table.

Coaching areas: Coaches will be allowed on the infield in designated coaching boxes. *No student-athletes or spectators are allowed on the infield except those athletes competing in a field event that is in progress.*

Parking: NO PARKING will be allowed just east of the facility in F lot. **Spectator parking will be in RF lot just east of the indoor track.** Buses can load and unload at the front entrance (east). Designated bus parking will be on the west side of the facility or in the Fargodome parking lot. The best option for team drop off is for your bus to come down university ave, take a right on 16th Street just south of the Sanford Health Athletic Complex

Food Services: Concessions are available.

Headphones: *We do not allow for the use of headphones in the competition area.*

Results: Results will be posted throughout the meet on the northeast wall and near the entryway for spectators. Results will also be available on the North Dakota State website at www.gobison.com Live results will be available at www.protracktiming.com

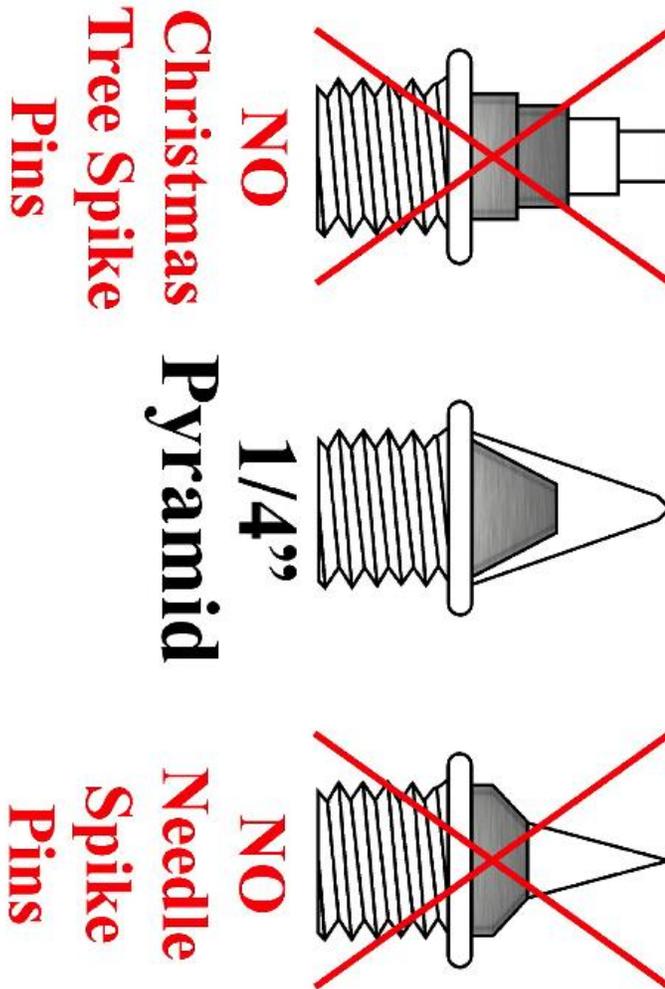
Team camps: **No team camps allowed on the inside of the oval. No team camps allowed in the bleachers on the main straight. Team camps will only be allowed in the bubble.**

Medical and Training Services: The Athletic training area is located in the Northeast corner of the facility. The hours of operation will be 1 hour prior to the first event and 30 minutes after the final event.

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Facility restrictions:

- The use of 1/4" pyramid spikes will be strictly enforced in all events other than High Jump which will allow for 3/8" pyramid spikes. Shoes will be checked @ check-in.
- Chalk will not be allowed on track surface or runways.



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(Note New Time Schedule)

1:00	60 HURDLES	GIRLS	PRELIMS
	60 HURDLES	BOYS	PRELIMS
	60 METERS	GIRLS	PRELIMS
	60 METERS	BOYS	PRELIMS
	1MILE	GIRLS	FINALS
	1MILE	BOYS	FINALS
	4 X 200 RELAY	GIRLS	FINALS
	4 X 200 RELAY	BOYS	FINALS
	4 x 800 RELAY	GIRLS	FINALS
	4 x 800 RELAY	BOYS	FINALS
	60 HURDLES	BOYS	FINALS (BOYS WILL RUN HURDLE FINALS FIRST)
	60 HURDLES	GIRLS	FINALS
	400 METERS	GIRLS	FINALS
	400 METERS	BOYS	FINALS
	60 METERS	GIRLS	FINALS
	60 METERS	BOYS	FINALS
	800 METERS	GIRLS	FINALS
	800 METERS	BOYS	FINALS
	2 MILE	BOYS	FINALS
	200 METERS	GIRLS	FINALS
	200 METERS	BOYS	FINALS
	2 MILE	GIRLS	FINALS
	4 x 400 RELAY	GIRLS	FINALS
	4 x 400 RELAY	BOYS	FINALS

FIELD EVENTS:

12:30 LONG JUMP	Boys West runway
12:30 LONG JUMP	Girls- East runway
12:30 HIGH JUMP	Girls –HIGH JUMP Boys follow girls
12:30 POLE VAULT	Boys POLE VAULT Girls to follow 45min after boys vault
1:00 SHOT PUT	Girls-SOUTH RING
1:00 SHOT PUT	Boys-NORTH RING
TRIPLE JUMP 30min following LJ	Girls East runway
TRIPLE JUMP 30min following LJ	Boys West runway