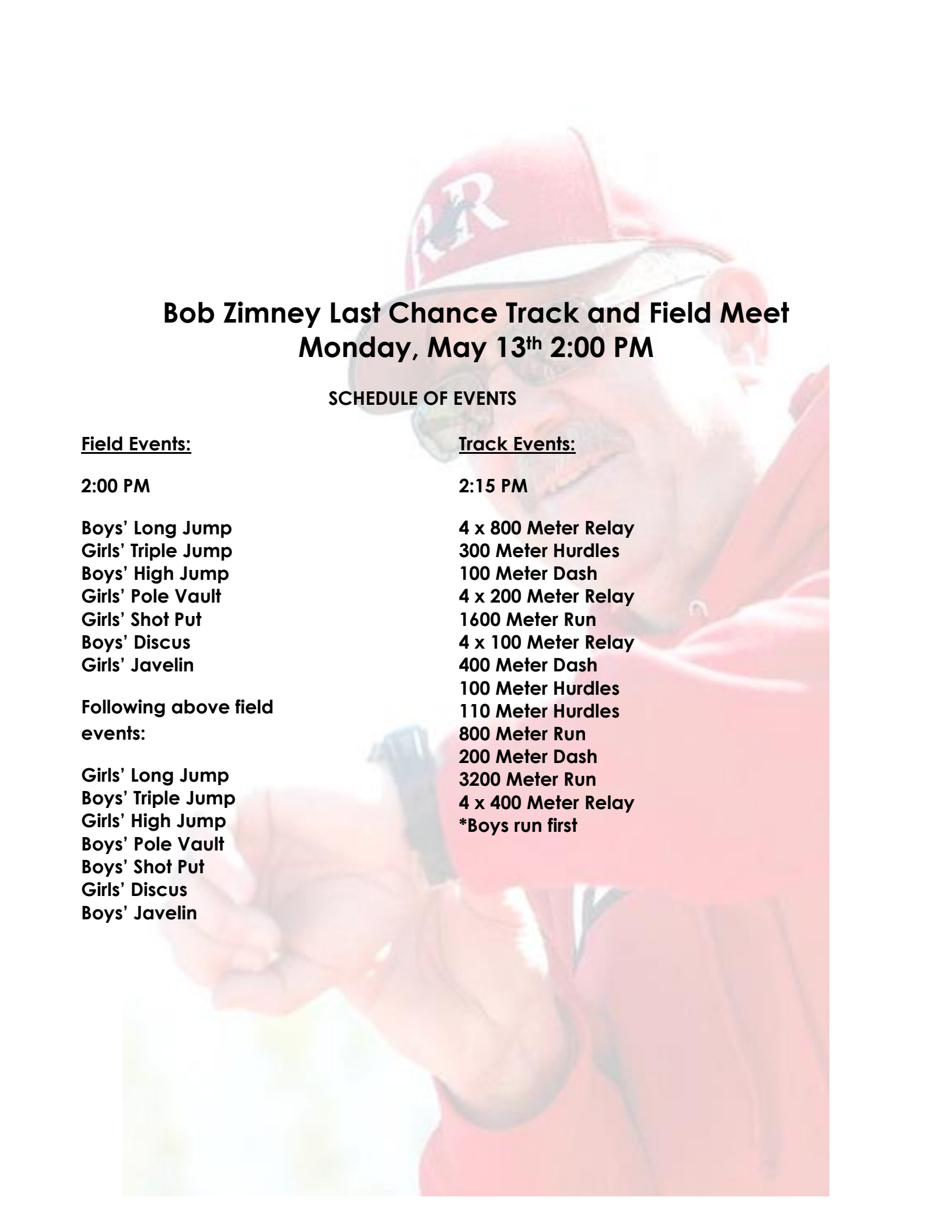


Bob Zimney Last Chance Track and Field Meet
Monday, May 13th 2:00 PM
Cushman Track and Field Complex
Meet Information

1. Only ¼" pyramid spikes are allowed on the running and jumping surfaces.
2. No tape is allowed on the track surfaces. Tennis balls will be provided for marks in relays, and chalk will be provided for marks in the jumps.
3. The throwing events will be held on the practice football fields east of the track.
4. Unlimited entries in all events including relays. All relays may score.
5. In the long jump, triple jump, shot put, discus, and javelin, competitors will receive three attempts, and any competitors who achieve a predetermined performance will receive an additional three attempts.
6. A coaches' meeting will be held at 1:30 PM at the starting line. At this meeting, starting heights for the high jump and pole vault will be determined. Distances for additional trials in the long jump, triple jump, shot put, discus, and javelin will be determined.
7. We hope to have a team camp area in the Blue Line Arena which is located on the southwest side of the track. Athletes may enter through the door located by the finish line. Please clean your team camp area following the meet. If that option isn't available, teams can set up their camps on the perimeter of the track or underneath the main grandstands. No team camps will be allowed on the turf.
8. Cushman Field has artificial turf. Athletes may use the field for warm ups. Please keep all footballs, frisbees, soccer balls OFF the field area during the course of the meet. Also, SUNFLOWER SEEDS OR OTHER FOOD ITEMS are NOT allowed on the turf or track.
9. Concession stands are located under the grand stand.
10. Entry fee is \$175.00 per team per gender. Make checks payable to Grand Forks Public Schools. Please mail your checks to:
GFPS
Attn: Mike Biermaier
PO Box 6000
Grand Forks, ND 58201
11. Admission fee for spectators will be charged.



**Bob Zimney Last Chance Track and Field Meet
Monday, May 13th 2:00 PM**

SCHEDULE OF EVENTS

Field Events:

2:00 PM

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

**Following above field
events:**

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

Track Events:

2:15 PM

**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
100 Meter Hurdles
110 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4 x 400 Meter Relay
*Boys run first**