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TOURNAMENT COMMITTEE

To: EDC Athletic Administrators and Track Coaches  
Re: Class "A" East Region Track Meet  
Date: May 6, 2024

This year's East Region Track and Field Meet, hosted by the Metro Tournament Committee is scheduled for Friday, May 17<sup>th</sup>, at North Dakota State University's Terrence Dahl and Donna Beres Track Complex. If you have any additional questions, please contact Mike Beaton at [beatonm@fargo.k12.nd.us](mailto:beatonm@fargo.k12.nd.us), Cameron Dockter at [docktec@fargo.k12.nd.us](mailto:docktec@fargo.k12.nd.us), or Mike Grant at [grantm@fargo.k12.nd.us](mailto:grantm@fargo.k12.nd.us).

**Time:**

All events are scheduled to begin at 3:00 PM.

**Submitting Entries:**

Entries must be submitted at athletic.net by **6:00 PM, Thursday, May 16th.**

**Meet Management:**

Mike Beaton will serve as the meet manager.

**Coaches Meeting:**

At 1:00 PM, there will be a meeting for head coaches in the storage shed located on the northeast corner of the facility. Competition information packets will be available at that time.

Below is a link for a ballot for coaches to nominate Senior Athletes of the Year and vote for Coach of the Year as well asks for recommendations for starting heights for high jump and pole vault. A ballot will be prepared for the meeting with Senior Athlete of the Year nominees. Coaches can offer remarks in support of their athletes (biographic information and best performances) prior to the voting. **Please submit your vote by Wednesday, May 15<sup>th</sup>.**

Boys Ballot: <https://forms.gle/WmKiNZcBAAtAXwduo8>

Girls Ballot: <https://forms.gle/eFfLQNdHdygstZGg8>

Other topics to be discussed: Recommendations to coaches' advisory and State Track meet reminders. If there are any other agenda items, please add these at the end of the survey.

**Declaration of Scratches:**

Scratches for running events will be declared at the coaches' meeting. Field event scratches may take place at the event site.

**Late Entries:**

As per NDHSAA regulations, no substitutions or additions will be allowed. Any late entries, which must be approved at the coaches' meeting, will be placed at the bottom of the heat sheet.

**Starting Heights:**

Starting heights for the high jump and pole vault will be determined prior to the meet at the coaches' meeting.

### Relay Heats:

Relay heats will be established at the coaches' meeting.

### Jury of Appeals:

The jury of appeals will consist of meet manager Darrin McKinnon, Sean Allen, and Gelaine Orvik.

### Locker Rooms/Rest Rooms:

There are public restrooms in the main stadium at the concession stand and there will be porta-potties in the team camp area. Concessions will be available in the stadium.

### Team Seating/Team Camps:

Team camps should be set up in the field located just west of Tharaldson Park softball field.

### Warm-Up Area:

There will be a warm-up area in the softball field located just north of the track. Additionally, warm-up's can be done on the outside straight away lanes or on the track if no events are going on.



### Event Check-In:

**Track Athletes** - Check in 30 minutes prior to your event at the hip number table located on the Northwest end of the facility near the concession/bathroom building. Five minutes prior to your event, report to the clerk of the course at the event start area, athletes will be ushered to the starting line. **If athletes fail to check-in 10 minutes prior to their event, they will be scratched.**

**Field Event Athletes** - Contestants should check-in with the head official at their event, prior to their event. Only the first flight will be allowed to use the competition area for warm up. Each additional flight we be giving 10-15min to warm up in the competition area.

Please refer to the Track and Field regulations [here](#) specifically number 11 that provides "Clarification of regional and state entry procedures". Any scratches must be done at the coaches meeting which will serve as the "scratch meeting".

### Implement Certification:

All implements will be checked-in by the Weights and Measures Certifying Official at the Track and Field Storage building on the northeast side of the facility from 1:00-2:00pm

### Lanes:

For the 100, 200, 400, 800, Relays and hurdles, lanes 1-8 will be used.

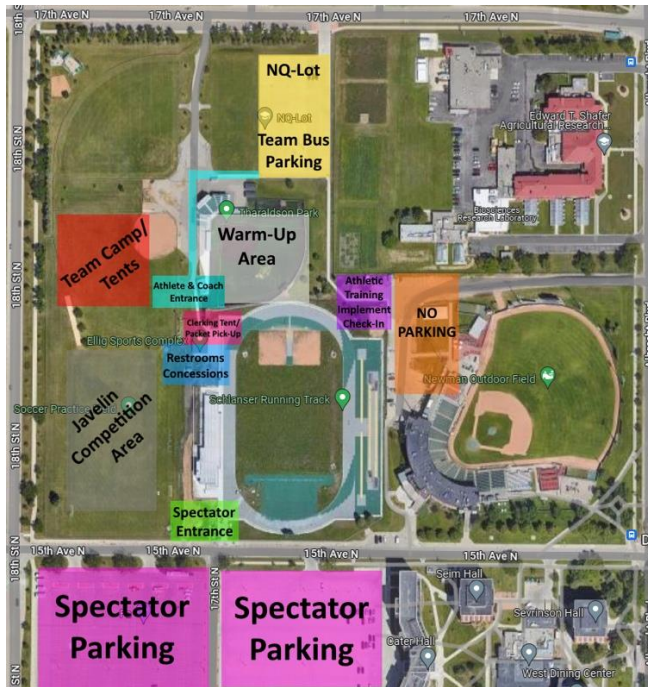
- Preferred lanes are: 5-6-4-7-3-8-2-1 (200-400-800, 4x1, 4x2, 4x4, 4x8)
- Preferred lanes are: 4,5,3,6,2,7,1,8 (100, 110h, 100h)

**Team Parking:**

Buses and vans can drop off at NQ lot North of the Softball Field. Buses should park in NQ lot.

**Team Entrance:**

Teams will enter the facility through the north gate just south of the softball fields.



**Results:**

Results will also be available online at HerosTiming.com and on the Hero's Timing app which can be downloaded free from the App Store.

**Athletic Trainers:**

The training staff will be provided by Sanford and located in the storage shed located in the northeast corner of the stadium.

**Facility Restrictions:**

The use of ¼" pyramid spikes will be enforced. High Jump/Javelin spikes with the recessed spike elements will be allowed to use 3/8" spikes.

No marking chalk will be allowed on track or runway.

**Event Areas:**

**ONLY COMPETING ATHLETES WILL BE ALLOWED ON THE INFIELD!** We will be throwing shot put, and discus on the infield so we ask that no one uses the infield for warmups.

**Admission:**

Admission will be \$10 for adults and \$5 for students. No passes will be accepted since this an NDHSAA event.

**T-Shirt Sales:**

There will be t-shirt sales on-site at the meet.

**Field Events:**

These events, which involve finals, will allow three (3) trials in the prelims, followed by three additional attempts for the **nine** qualifiers to the finals.

**Horizontal Jumps:**

Competitors in the Long and Triple Jumps will be placed in flights for the prelims with nine (9) people in each flight with jumpers with best regular season marks placed in the final flight. Participants will be able to adjust their jumping schedule if conflicts arise with running events. Finals will be held immediately after the completion of the prelims.

**Pole Vault:**

Pole vault contestants will be required to weigh in prior to competing. Weigh-in will occur at the northeast end of the track by the storage garage. A certified electronic scale will be used for weigh-ins beginning at 1:00 PM and ending at 1:45 PM. Any competitor using a pole that does not match his/her allowed weight will not be allowed to compete.

Starting heights for pole vault and high jump will be established by coaches prior to the coaches meeting:

Boys' high jump: \_\_\_\_; Boys' pole vault: \_\_\_\_\_. Girls' high jump: \_\_\_\_; Girls' pole vault: \_\_\_\_\_.

**FIVE ENTRANTS PER INDIVIDUAL EVENTS**

**ONE RELAY TEAM PER RELAY RACE FROM EACH SCHOOL**

**1/4" or LESS PYRAMID SPIKES ARE ALLOWED TO CONFORM TO TRACK REGULATIONS**

**EDC TEAMS**

Devils Lake HS Boys & Girls	Coach Dan Tuhy
Fargo Davies HS Boys & Girls	Coach Rory Beil
Fargo North HS Boys	Coach Gary Mailloux
Fargo North HS Girls	Coach Keith Lehman
Fargo Shanley HS Boys	Coach Chris Foerster
Fargo Shanley HS Girls	Coach Barry Anderson
Fargo South HS Boys	Coach Cameron Dockter
Fargo South HS Girls	Coach Mike Grant
Grand Forks Central HS Boys	Coach Sean Allan
Grand Forks Central HS Girls	Coach Lindi Chadwick
Grand Forks Red River HS Boys	Coach Jeff Bakke
Grand Forks Red River HS Girls	Coach Adam Eckert
Valley City HS Boys & Girls	Coach Trevor Bakalar
Wahpeton HS Boys & Girls	Coach Larry Lasch
West Fargo HS Boys & Girls	Coach Darin McKinnon
West Fargo Horace Boys	Coach Riley Dolezal
West Fargo Horace Girls	Coach Leigh Daley
West Fargo Sheyenne HS Boys	Coach Jordan Aus
West Fargo Sheyenne HS Girls	Coach Jaime Watson

## 2024 STATE QUALIFYING STANDARDS

<u>Girls Class A</u>	<u>Event</u>	<u>Boys Class A</u>
13.04	100 Meter Dash	11.34
26.94	200 Meter Dash	23.24
61.74	400 Meter Dash	52.24
2:25.24	800 Meter Run	2:01.74
5:30.24	1600 Meter Run	4:35.24
12:05.24	3200 Meter Run	10:05.24
16.84	100G-110B Meter Hurdles	16.14
48.84	300 Meter Hurdles	42.44
16' 8"	Long Jump	20' 9"
34' 4"	Triple Jump	41' 6"
5' 1"	High Jump	6' 2"
35' 6"	Shot Put	48' 6"
110' 0"	Discus	145' 0"
110' 0"	Javelin	160' 0"
9' 3"	Pole Vault	12' 6"
52.84	4 X 100 Meter Relay	45.44
1:51.54	4 X 200 Meter Relay	1:34.24
4:16.24	4 X 400 Meter Relay	3:34.24
10:10.24	4 X 800 Meter Relay	8:24.24

**ECD Track and Field Championships**  
**May, 17<sup>th</sup>**  
**Dahl and Beres Track and Field Facility**  
**North Dakota State University**

**Schedule of Events**

2:55 National Anthem

Field Events:

3:00pm	Girls Discus—boys to follow
3:00pm	Boys Shot Put—girls to follow
3:00pm	Boys Javelin –girls to follow in the field west of the bleachers
3:00pm	Girls High Jump - gold pit
3:00pm	Boys High Jump - grey pit
3:00pm	Pole Vault Boys - Girls to follow 60 minutes after boys
4:00pm	Boys Long Jump - east runway
4:00pm	Girls Long Jump - west runway
6:00pm	Boys Triple Jump - east runway
6:00pm	Girls Triple Jump - west runway

Running Events: Boys followed by the girls unless otherwise noted.

3:00pm	4 x 800m Relay
3:30pm	300M Hurdles
3:55pm	100M Dash
4:25pm	4 x 200M Relay
4:45pm	1600M Run
5:10pm	4 x 100M Relay
5:25pm	400M Dash
5:50pm	100M Hurdles (G)
6:05pm	110M Hurdles (B)
6:15pm	800M Run
6:35pm	200M Run
7:00pm	3200M Run
7:30pm	4 x 400M Relay