

# Sheyenne High School

## Activities Department

800 40<sup>th</sup> Avenue East • West Fargo, ND 58078

Ross Richards..... Activities Director  
Jessica Kerzman..... Activities Administrative Assistant  
Dr. Pam Cronin ..... Principal

**Sheyenne / Fargo North / Shanley / Valley City /  
Central Cass / Kindred / Northern Cass / Devils Lake  
Boys/Girls Track Meet  
Thursday, May 10, 2018 @ Sheyenne High School**

Dr. David Flowers ..... Superintendent  
Dr. Allen Burgad. Secondary Assistant Superintendent  
Beth Slette ..... Elementary Assistant Superintendent  
Marian Bell..... Special Education Director  
Pete Diemert..... Building & Grounds Director  
Robin Hill ..... Human Resources Director  
Mark Lemer..... Business Manager  
Ed Mitchell ..... Technology Director  
Brad Redmond..... Transportation Director  
Dana Rieth..... Food Service Director

Please make sure that Ned Clapp has an updated roster. We will also be pre-entering ALL running and field events.

Submit your entries via Hy-Tek to Ned Clapp at [nedclapp@cablone.net](mailto:nedclapp@cablone.net) or through Athletic.net with times and distances.

**DEADLINE FOR ENTRIES: Wednesday, May 9, 2018 (8:00PM)**

### **Meet Information:**

1. Coaches meeting at 2:30 at the finish line.
2. Bathroom facilities will be open, but please have athletes come dressed to compete.
3. Entries will be unlimited
4. **1/4" pyramid spikes will be allowed on all jumping and running surfaces.** No other spikes will be allowed on the running/jumping surfaces.
5. We will have a Thrower's Relay and each team is limited to 1 thrower relay per gender (athletes in this relay may not be entered in a running event)
6. The Shot Put and Discus rings are on concrete slabs and the Javelin event is located on a grass field.
7. The Long and Triple Jumps events will have (3) attempts, with the top 9 advancing to finals.
8. The Shot Put, Discus & Javelin will have (3) attempts, with the top 9 advancing to finals.
9. The Pole Vault starting height for Boys and Girls will be determined at the coaches meeting.
10. The High Jump starting height for Boys and Girls will be determined at the coaches meeting.
11. Each school must furnish all personal items, equipment, towels, etc.
12. **No tape is allowed on the track. Teams are responsible for their own markers for relay zones.**
13. Teams may set up camps outside of the track. **No camps allowed on the infield.**
14. Have buses unload your teams on the south side of the track
15. Concessions will be available.
16. Meet conduct and eligibility will follow the rules of the NDHSAA
17. **Entry Fee:** There will be a **\$125.00** entry fee per gender. Entry fees can be mailed or hand delivered on same day of meet. Make **checks payable to Sheyenne High School**. (Send to address in letterhead).

**Admission for spectators will be \$6.00 for adults and \$4.00 for students**

Starter – Doug Geeslin  
Marshal – Glee Mayer  
Announcer – Larry Lubben

## SCHEDULE OF EVENTS

**3:00    4 X 800 METER RELAY                    \*\*\*Boys will run first in all events\*\*\***  
**300 METER HURDLES**  
**100 METER DASH**  
**4 X 200 METER RELAY**  
**1600 METER RUN**  
**4 X 100 METER RELAY**  
**400 METER DASH**  
**110/100 METER HURDLES**  
**800 METER RUN**  
**200 METER DASH**  
**3200 METER RUN**  
**4 X 400 METER RELAY**  
**THROWER'S RELAY**

**3:00    Girls Shot**  
**Boys Discus**  
**Girls Javelin**  
**Boys Long Jump**  
**Girls Triple Jump**  
**Boys High Jump**  
**Girls Pole Vault**

### **Immediately Following:**

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