

Cobber High School Open Track and Field Meet
OLSON FORUM, CONCORDIA COLLEGE, MOORHEAD, MINNESOTA
Saturday, March 16, 2019
10:00am Girls LJ & Boys PV / 10:30 am all other events

Spikes: 1/4" pyramid will be **ALLOWED** in your track shoes. (New this year.)

Please instruct athletes to throw hip numbers in the garbage post-race; they do NOT belong on the floor, walls, equipment, etc.

FIELD EVENTS

Horizontal jumps will be 3 jumps and no finals

10:00 a.m. Long Jump – girls to be followed by boys (try to limit number of entries)

Triple Jump – cafeteria style boys and girls together, to follow boys long jump (try to limit number of entries)

10:00 a.m. Pole Vault - boys to be followed by girls

10:30 a.m. High Jump – boys to be followed by girls

10:30 a.m.

Shot Put – girls court 3 (north) – 3 prelim throws / top 8 to finals for 3 additional throws

Shot Put – boys court 4 (south) – 3 prelim throws / top 8 to finals for 3 additional throws

TRACK EVENTS (all events girls first, followed by boys)

All events are timed finals – fastest heats running first except the 4 x 400 Relay in which the fastest heat will run last.

10:30 a.m. – rolling schedule

4 x 800 Meter Relay

55 Meter Dash

4 x 200 Meter Relay

1600 Meters

55 Meter Hurdles

400 Meters

800 Meters

200 Meter Dash (try to limit number of entries)

3200 Meters (possible girls and boys combined depending on number of entries)

4 x 400 Meter Relay

Meet entries due Friday, March 15 by 7:00 p.m.

Entries will be done on the Direct Athletics website: <https://www.directathletics.com/meets/track/59489.html> Please go the website a few days early to create an account, if you do not already have one set up.

UNLIMITED ENTRIES in all events except including relays - only one relay can score points. We would rather have extra 4x200 and 4x400 Meter Relay teams than so many 200 entries.

Try to limit number of entries in horizontal jumps as the runway is on the track in lanes 5-6, so tends to move more slowly.

The entry fee: per team (each gender from a school is considered a separate team):

<u>TEAM SIZE</u>	<u>COST PER</u>
<u>(single gender)</u>	<u>GENDER</u>
<10	\$15 per athlete
10-19	\$150.00
20-29	\$175.00
30-44	\$200.00
45-59	\$225.00
60-74	\$250.00
75-99	\$275.00
>100	\$300.00

Payment will be due the day of the meet. Make checks payable to Concordia College.

Concordia Track and Field t-shirts to event winners including relays.

NO ribbons. Instead up to SIX bonus t-shirts to be given to each SCHOOL, boys and girls combined, in place of ribbons (distribute shirts as you see fit--- examples: randomly or PRs or performance of meet, etc.)

IF you wish to compete at this meet please reply to Marv Roeske at roeske@cord.edu.

Admission: \$7.00 adults / students of all ages FREE

Concessions available.