



OJ Jensen Kiwanis Track Meet
Tuesday, April 30, 2019
NDSCS- OJ & Dee Jensen Track

ENTRY FEE: \$75.00 per team (\$75.00 for boys, \$75.00 for girls)
\$10.00 per individual for partial teams (7 or less). Please make checks payable to Kiwanis Track Meet. (Send checks in advance to Dee Jensen- 1621 5th St. North, Wahpeton, ND 58075) Or bring day of the Meet

ENTRIES: Only four (4) athletes in an event per school.

AWARDS: Batons for Champions and medals for 2-6 place.
Ribbons for 2-6 place relays. Plaques for outstanding male/female track athletes and outstanding male/female field athletes.

SCORING: 10-8-6-5-4-3-2-1

ADMISSION: Adults- \$5, Students (K-12) Free

FACILITIES: 400 meter - 8 lane all-weather track. **Only 1/8" pyramid spikes.**
Jumping surfaces are all-weather. Shot put and discus circles are concrete. Javelin runway is grass.

FIELD EVENTS: **No implements on the track or infield area please.** Please report to the head event official 15 minutes prior to the start of the event.

Shot Put – North End of Stadium: 4 Throws - No Finals

Discus – Practice Fields(South of Stadium) -: 4 Throws - No Finals

Javelin – Practice Fields (South of Stadium) – 4 Throws- No Finals

Long Jump –Triple Jump East side of Track : 4 jumps - No Finals

HJ Girls open @ 4'5", Boys open @ 5'4" (This is a starting point. If we need to adjust an inch or two we can.)

PV – Girls heights – 6'6", 7'6", 8'0", 8'6", 9', 9'3", 9'6"....

Boys heights – 9'0", 10'0", then 6" intervals. (East Side of Track)

COACHES: We will be using **Athletic.net** and timing with a FAT Hy-Tek timing system
Coaches should have account set up with **athletic.net**. A meet invite for this meet will be sent out to your email. Contact nedclapp@cablone.net if you did not receive an invite to this meet. Coaches will need to pre enter your athletes into events on **athletic.net**. The invite from Ned Clapp and **athletic.net** will have deadline dates.

MEET RESULTS: Available ASAP after the last event is completed. We will e-mail results to all schools so your teams are not delayed!

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3:30 *RUNNING EVENTS*

**300 Meter Hurdles
3200 Meter Relay
100 Meter Dash
800 Meter Relay
1600 Meter Run
400 Meter Relay
400 Meter Dash
100 Meter Hurdles (Girls)
110 Meter Hurdles (Boys)
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay**

***All RUNNING EVENTS:
GIRLS-BOYS FOLLOW***

3:00 *FIELD EVENTS*

**Javelin
Pole Vault
Discus
Long Jump (3:00 - 4:30)
Triple Jump (5:00- 6:30)
Shot Put
High Jump**

**Girls/Boys to follow
Girls/ Boys to follow
Girls/Boys to follow
B/G - same time
B/G - same time
Boys/Girls to follow
Boys/Girls to follow**