**Section 8A Track & Field Meet**

 **Dilworth-Glyndon-Felton High School Athletic Facility-Glyndon, MN June 2nd, 2018**

**Meet Information**

**Admission:** $8 (adults) $5 (students)

**Buses:** Bus drop off will be by the east gate located next to the garages. Bus parking will be behind the school on the north end.

**Team Camps**: Northwest outside the fences of the athletic facility.

**Athletic Trainer:** Will be available.

**No Radios, footballs, frisbees, etc. will be permitted within the track area.**

**Scoring:** 10- 8- 6- 5- 4- 3- 2- 1

**Lane Assignments**: 4-5, 3-6, 2-7, 1-8 for straight and curved races based on sub-sectional performances with preference to sub-section champions.

**Medals:** Will be awarded to places 1-6. Places 1-8 will be scored and will need to report to the awards area after the event.

**State qualification**: Individuals and Relays- 1st & 2nd place plus those who qualify by state standard. (Coaches of athletes who advance to state, please pick up your state packet from the press box. The envelope contains one parking pass per team for the State Track and Field Meet. Each school receives one pass regardless of the number of competitors)

**Security**: We will be posting security personnel on all entrances to the track area.

Coaches, participants, and meet personnel will be the only people allowed in the track area.

Athletes can use the areas north or west of the complex to warmup-not the football field.

**Practice Time:** The track and field complex will be open for your use on Friday, June 1st, from

4:00-8:00 p.m.

**Meet Shirts:** We will have plenty of shirts available for sale the day of the meet for $13 ($15 XXL/XXXL). If you know your team has a large order, please get those numbers to me in advance.

**Starting Heights**: Will be determined based on the incoming heights from subsection meets

and coincide with the following state qualifying standards

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**5’2” for Girls High Jump - we will start at an even height**

**6’3” for Boys High Jump- we will start at an odd height**

**10’5 for Girls Pole Vault – we will start at an odd height**

**13’5” for Boys Pole Vault – we will start at an odd height**

**2018 State Track and Field Qualifying Standards:**

**Event Girls A Girls AA Boys A Boys AA**

**100m Dash 12.72 12.54 11.31 11.03**

 **200m Dash 25.95 25.39 22.75 22.21**

**400m Dash 58.71 57.41 50.52 49.46**

**800m Run 2:20.40 2:15.36 1:59.35 1:56.03**

**1600m Run** **5:11.92 5:01.07 4:25.64 4:17.43**

**3200m Run 11:25.81 10:47.78 9:43.43 9:14.71**

**100m High Hurdles 15.59 14.97**

**110m High Hurdles 15.60 14.87**

**300m Hurdles 46.71 44.80 40.49 39.21**

**4x100m Relay 50.57 49.27 44.40 43.14**

**4x200m Relay 1:46.50 1:43.67 1:32.25 1:29.42**

**4x400m Relay 4:05.67 3:58.40 3:27.48 3:23.52**

**4x800m Relay 9:48.74 9:21.78 8:14.89 7:58.62**

**High Jump 5' 2" 5' 5" 6' 3" 6' 4"**

**Pole Vault 10' 5" 11' 0" 13' 5" 13' 9"**

**Long Jump 16' 11" 17' 5" 21' 7" 21' 11"**

**Triple Jump 35' 11" 36' 11" 43' 8" 44' 9"**

**Shot Put 38' 7" 41' 4" 51' 6" 55' 0"**

**Discus 116' 11" 130’ 5" 153' 2" 158' 1"**

**Wind-aided performances MAY NOT qualify by standard, in the 100-meter high hurdles, 110-meter high hurdles, 200-meter dash, 100-meter dash, long jump and triple jump. Wind-aided is a wind reading of greater than 4.0 m/s.**

**Section 8A Track & Field Meet**

**Schedule of Events – Saturday June 2nd, 2018**

**9:00 am Shot/Discus Weigh-in begins (located in the garage east of the athletic facility)**

**9:15 am – Coaches meeting in the High School Theatre (Enter by door # 9)**

* **Scratches will be handled at this time.**

**Coaches Hospitality area is in the small concession area on the east side of the track.**

**Results will be posted on the south side of the west bleachers.**

**Caps will be provided by Section 8A for adult workers.**

**Coaches please instruct your athletes to report to the awards tent immediately after placing in the top 8 in an event.**

**Field Events – 10:30 a.m.**

**Boys Shot Put – Girls to follow** (southwest outside the fencing)

**Girls Discus – Boys to follow** (west outside the fencing)

**Girls Pole Vault** (south runway)

**Boys Pole Vault** (east runway)

**Boys High Jump** (south pit)

**Girls High Jump** (north pit)

**Boys Long Jump** (south runway closest to track)

**Girls Long Jump** (south runway between boys runway and girls pole vault runway**)**

**Boys & Girls Triple Jump – Following Long Jump** (on the same runways as the long jump**)**

**\*3 preliminary attempts in the long and triple jump/9 TO THE FINALS**

**Preliminaries**

**Time Event**

**11:00 100 M Hurdles Girls**

**110 M Hurdles Boys**

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**11:20 100 M Dash Girls**

**100 M Dash Boys**

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**200 M Dash Boys**

**Finals**

**12:30 4 x 800 M Relay Girls**

**12:45 4 x 800 M Relay Boys**

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**1:00 100 M Hurdles Girls**

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**1:05 110 M Hurdles Boys**

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**1:15 100 M Dash Girls**

**100 M Dash Boys**

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**1:25 4 x 200 M Relay Girls**

 **4 x 200 M Relay Boys**

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**1:40 1600 M Run Girls**

**1600 M Run Boys**

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**2:00 4 x 100 M Relay Girls**

**4 x 100 M Relay Boys**

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**2:15 400 M Dash Girls**

 **400 M Dash Boys**

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**2:30 300 M Low Hurdles Girls**

**300 M Intermediate Hurdles Boys**

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**2:50 800 M Run Girls**

**800 M Run Boys**

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**3:05 200 M Dash Girls**

 **200 M Dash Boys**

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**3:15 3200 M Run Girls**

**3200 M Run Boys**

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**3:45 4 x 400 M Relay Girls**

**4 x 400 M Relay Boys**

**4:00 Presentation of Trophies**

**Section 8A Track & Field Meet Officials**

**Meet Manager \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mike Anderson**

**Meet Assistant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Joe O’Keefe**

**Meet Assistant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Roger Safranski**

**Referee\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Desiree Larson**

**Starter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mike Martin**

**Assistant Starter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Doug Geeslin**

**Clerk of Course\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Karen Spilde**

**Finish Line Recorder\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Barb Roelofs**

**FAT Operator\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mike McGrady**

**Development of Programs and posting of results\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ryan McGrady**

[**www.herostiming.com**](http://www.herostiming.com)

**Weigh Implements\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tony Reno**

**Head Timer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Barb Roelofs**

**Wind Gauges\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tanner Hennen/Kyle Roelofs**

**Runners/Scoreboard\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Kelsi Wayne/Chris Walz/Bradyn Steen**

**Hurdle Crew Chief\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tanner Hennen**

**Public Announcer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Craig Hougen**

**Athletic Trainer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Shane Winkenwader**

**Awards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tom & Mary Wilson**

**Shirt Sales\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Kris Edeen**

**Hospitality Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Nicole Leitner**

**8A Track:**

**Sub-Section 29 Sub-Section 30 Sub-Section 31**

Bagley-Fosston Ada-Borup/Norman County West BGMR/Freeze

Cass Lake-Bena Barnesville Climax-Fisher/Sacred Heart

Clearbrook-Gonvick Dilworth-Glyndon-Felton Crookston

\*Lake of the Woods/Rainy River Fertile-Beltrami \*East Grand Forks

Mahnomen/Waubun Frazee Goodridge/Grygla/Gatzke

Nevis Park Christian Kittson County Central (Girls only)

Northome/Blackduck/Kelliher \*Pelican Rapids Red Lake County

Park Rapids Rothsay Roseau

TrekNorth United Clay-Becker Warroad

Walker-Hackensack-Akeley NCE/UH West Marshall

\*Sub-section Host School

**Awards:**

**Trophy to Team Champion and Runner-up**

**Medals to 1st-6th place in individual events and relays**

**Advance to Section: Individuals: 1st-4th plus the next best 4 from any sub-section. (16)**

**(Ties advance in the field events)**

**Relays: 1st- 2nd plus the next 2 fastest times from any sub-section. (8)**

**Future Championship Meets:**

 **Sub-section 29 Sub-section 30 Sub-section 31 Section 8A**

**2019 Park Rapids Barnesville Warren East Grand Forks**

**2020 Bagley Ada Crookston Park Rapids**

**LODGING IN AREA**

**Moorhead (8 miles) – Travelodge and Suites**

**Contact for groups: Melissa Wold (General Manager)**

 **3027 S. Frontage Road (just off Highway 10)**

 **Moorhead, MN 56560**

 **P (218) 233-5333**

 **F (218) 233-5605**

[**www.wyndhamhotels.com/travelodge**](http://www.wyndhamhotels.com/travelodge)

**Hawley (13 miles) - AmericInn Hotel and Suites**

**Contact for groups: Kris Hamernik (Assist. Manager)**

 **PO Box 739**

 **Hawley, MN 56549**

 **P (218) 486-5140**

 **F (218) 486-5144**

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