

## MINOT MIDDLE SCHOOL MS TRACK INVITES

**Girls: Monday, April 24, 2023**

**Boys: Monday, May 8, 2023**

**Start Times: Field Events 10:30 AM**

**Running Events: 11:00 AM**

Middle School Coaches and Athletic Directors:

Attached is a schedule of events for the Minot Middle School boys' and girls' track meets. The girls division will be held on Monday, April 24th and the boys' on Monday, May 8th beginning with field events at 10:30 AM and running events at 11:00 AM. Both meets will be held at Duane Carlson Stadium located at 1000 6th Street SW.

The meets will consist of 7th and 8th grade divisions. We ask that each event is composed entirely of boys or girls from those grade levels. Ribbons will be awarded to the top 8 place finishers in each division. The number of entries each school may have per event is unlimited. Due to the large number of entries, everything will be timed finals. Heats will be determined at the starting line with the goals of getting the faster athletes in the same heat.

The meets will be run in accordance with all NFHS rules and NDHSAA regulations. No pin spikes or spikes longer than ¼ inch will be allowed. We are asking all relay teams to use tennis balls to mark their zones to eliminate any and all use of tape on our track surface. This includes the jumping areas, so please plan accordingly. We will allow 1 relay team per grade level in each division.

The cost of each meet for each school will be \$50 per division. Please make checks payable to Minot Public Schools and return the payment as soon as possible. Payments can be sent to:

Jim Hill MS  
Attn: Scott DeLorme  
1000 6th St. SW  
Minot, ND 58701

**BUSSING** - Please have your busses park on the east side of the Duane Carlson Stadium parking lot

**RESTROOMS** - Restrooms are available on the upper concourse next to the concession stand

**CONCESSIONS** - Concessions will be available throughout the day on the upper concourse

**CLEANUP** - Coaches - Please police your teams and cleanup your areas before leaving the stadium

**TEAM CAMPS** - There will be no team camps allowed on the football infield

**ATHLETIC.NET** - Please use the event names below in Athletic.net to pre-register. Please try to have most entries in by the date below. Changes/Additions can be made up until 8:30 AM the day of the meets.

**GIRLS MEET: 2023 Minot MS Majette Invite** ([Click Here to Register](#))

**BOYS MEET: 2023 Minot MS Art Hovde Invite** ([Click Here to Register](#))

**\*\* Please have all registrants entered by Monday morning at 8 AM. If anyone does not make the bus, please attempt to remove them from Athletic.Net before 8 AM.** If you have questions, please feel free to contact me.

Scott DeLorme

Minot MS AD

[scott.delorme@minot.k12.nd.us](mailto:scott.delorme@minot.k12.nd.us)

701-420-7667

## RUNNING EVENTS

Start at 11:00 AM

**\*\*\*All running events will be: 8th Boys, 8th Girls, 7th Boys, 7th Girls**

3200 Meter Relay

200 Meter Hurdles (30")

100 Meter Dash`

800 Meter Relay

1600 Meter Run

400 Meter Relay

400 Meter Run

110m/100m Hurdles (33", 30")

800 Meter Run

200 Meter Dash

1600 Meter Relay

## FIELD EVENTS - 10:30 AM Start

Pole Vault	7th Boys	8th Boys	All Girls	
Long Jump	7th Boys	7th Girls	8th Boys	8th Girls
High Jump	8th Girls	8th Boys	7th Girls	7th Boys
Discus (Bottom Field)	7th Girls	8th Girls	7th Boys	8th Boys
Shot Put (Jim Hill FB Field)	8th Boys	7th Girls	7th Boys	8th Girls

**Athletes need to check in at the event area shortly after the "2nd Call" to be seeded into their event properly.**

**Competitors in the discus, shot put, and long jump will be allowed 3 final attempts.**