

## MINOT MIDDLE SCHOOL MS TRACK INVITES

**Girls: Monday, April 26, 2021**

**Boys: Monday, May 10, 2021**

**Start Times: Field Events 10:30 AM    Running Events: 11:00**

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 26th and the boys' on Monday, May 10th 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 girls 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

**MASKS** - Please advise your athletes and fans to stay masked when social distancing is not possible. This does not include during events when they are participating.

**ATHLETIC.NET** - Please use the event names below in Athletic.net to pre-register.

**GIRLS MEET: 2021 Girls' Majette Invite - Minot Middle School (Preferred Deadline: Thursday, April 23rd at 11:00 PM)**

**BOYS MEET: 2021 Boys' Art Hovde Invite - Minot Middle School (Deadline: Thursday, May 6th at 11:00 PM)**

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 grade first, followed by the 7th grade**

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 Grade	8th Grade
Long Jump	7th Grade	8th Grade
High Jump	8th Grade	7th Grade
Discus	7th Grade	8th Grade
Shot Put	8th Grade	7th Grade

**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.**