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STEVE BERSETH ESD INDOOR TRACK & FIELD MEET
SDSU - Sanford Jackrabbit Athletic Complex

SATURDAY, APRIL 1 @ 1:00 p.m.

**ABERDEEN CENTRAL, BRANDON VALLEY, BROOKINGS, HARRISBURG, HURON,
MITCHELL, PIERRE, WATERTOWN & YANKTON**

This meet will be timed using FAT by Dakota Timing and seeded ahead of time. Please register all athletes via athletic.net by March 31, 2023 at 6PM - <https://www.athletic.net/Help/Track.aspx?Meet=496381>. Please email erik@dakotatiming.com with questions.

There will be a coaches' meeting at 12:30 p.m. near the finish line.

Total cost to host the meeting is \$4,700 (\$3,500 for SJAC + \$1,200 for Dakota Timing). This equates to \$522 for each school. SDSU will also need an insurance certificate from each school emailed to Christi Williams (christi.williams@sdstate.edu) before competition.

LIMITED ENTRIES - Schools get THREE (3) entries per individual event and ONE (1) per relay.

Athletes can compete in up to FOUR (4) events. Watertown will be providing all throwing implements. All schools will use Watertown's equipment for warmup and competition. Pole vault poles will also be checked at the event as per SDHSAA regulations. All pole vaulters competing will need to be weighed in at home the day of the meet and signed off by an administrator. Weigh-in sheets will be given to Todd Jorgenson upon arrival.

A schedule of events is listed below. Mark Wendelgass will be the meet referee. Steve Charron & Roger Loecker will be the starters. Maximum spike length is 3/16" pyramid (no needle spikes).

Coaches are encouraged to review the SDHSAA Track & Field Regulations with their athletes prior to the meet (i.e. conduct rules, lane infractions, interference, etc.). Most of the inspectors have experience working the State Track Meet and will report possible infractions.

Team points will be kept using True Team Scoring. Check link for scoring example (http://www.iafcc.org/index.php?option=com_content&task=view&id=68&Itemid=70)

- All individual competitors and relay teams are scored.
- Scores are based on the best Time / Distance and Place to the poorest.
- Each team enters up to 3 competitors per individual event
- Each individual scores teams points based upon the total number of individuals allowed to enter each event, no matter how many individuals actually participate in the event.
- Each team enters one relay team. Relay team points based upon the total number of relay teams allowed to enter each event multiplied by four (4), no matter how many relay teams actually participate in the event.
- Points are not awarded to places without entries.

Spectators will not be allowed in the competition areas other than areas that have bleachers. Admission: \$6 Adults, \$4 Students, ESD Passes honored.

2023 ESD INDOOR TRACK & FIELD MEET

MEET SCHEDULE

A “rolling” schedule will be used for both track and field events. Listen for the announcer’s call.

1:00	Boys Shot Put <u>Followed by</u> Girls Shot Put	2:00	Girls	Distance Med Relay
		2:15	Boys	Distance Med Relay
1:00	Girls Discus <u>Followed by</u> Boys Discus	2:30	Girls	60 m Hurdles
		2:40	Boys	60 m Hurdles
1:00	Boys High Jump <u>Followed by</u> Girls High Jump	2:45	Girls	100m Dash (4 Heats)
		2:50	Boys	100m Dash (4 Heats)
1:00	Girls Long Jump <u>Followed by</u> Boys Long Jump	3:00	Girls	1600 m Run
		3:10	Boys	1600 m Run
		3:20	Girls	4x100 m Relay
1:00	Boys Triple Jump <u>Followed by</u> Girls Triple Jump	3:25	Boys	4x100 m Relay
		3:35	Girls	300 m Dash (4 Heats)
		3:40	Boys	300 m Dash (4 Heats)
1:00	Boys Pole Vault <u>Followed by</u> Girls Pole Vault	3:50	Girls	300 m Hurdles (Lanes 2-8)
		4:00	Boys	300 m Hurdles (Lane 2-8)
		4:10	Girls	600 m Run (3 Heats)
		4:20	Boys	600 m Run (3 Heats)
		4:30	Girls	800 m Run (2 Heats)
		4:40	Boys	800 m Run (2 Heats)
		4:50	Girls	200 m Dash (4 Heats)
		5:00	Boys	200 m Dash (4 Heats)
		5:10	Girls	3200 m Run
		5:25	Boys	3200 m Run
		5:40	Girls	4x300 m Relay (2 Heats)
		5:50	Boys	4x300 m Relay (2 Heats)

Throws - 3 prelims
3 finals (8 competitors)

Jumps - 3 Prelims
3 finals (8 Competitors)
Starting heights for high jump: BHJ-4’8”; GHJ-4-0”

1:00pm Boys' Pole Vault (with run throughs concluding at 12:55). Girls' pole vault begins 20 minutes after the conclusion of boys; however, girls' warmups begin on the adjacent runway and pit when there are approximately 5 boys remaining in competition. Starting heights for pole vault: BPV-7’; GPV-6’

Distance Medley Relay = 1200M - 400M - 800M - 1600M