

***Metro Conference Track & Field Meet  
Brandon Valley-Harrisburg-Jefferson-Lincoln  
O’Gorman-Roosevelt-Washington  
Thursday, April 27, 2023  
Howard Wood Field  
(This is a SDHSAA sanctioned and qualifying meet)***

**Rosters/Entries:**

Entries will be made on Athletic.net.

Entry deadline will be **Tuesday, April 25 at 6:00 PM**. If questions, please contact Erik VanLaecken at [vanlaecken48@hotmail.com](mailto:vanlaecken48@hotmail.com) or [erik@dakotatiming.com](mailto:erik@dakotatiming.com). **Changes may be made up until 8:00 PM on Wednesday, April 26, 2023. *Scratches Only the day of the meet.***

**Four (4) individuals per running event**

**Four (4) individuals per field event**

All field events will be prelims and finals (3 throws/jumps in both prelims and finals with eight qualifying for finals).

**One (1) team per relay**

**Meet Scoring:** 10-8-6-4-3-2-1 for individual events (only three individuals per school may score)  
10-8-6-4-3-2-1 for relays

**Awards:** Medals will be awarded for 8 places in individual events and 7 places in relays.

**Team Entrance:** Please do not arrive until 1:00PM – facility will be open at that time for 2:00 PM field (Girls Discus/Boys Shot/Girls HJ) events, 3:00 PM field events may begin warmup at 2:00 (2:30 mandatory check in) and the track will be available at 3:00 pm for warmups. Please adhere to these timelines.

Please refer to the maps document with this information for bus parking and team entrance.

**Camps:** No camps will be set-up on the infield – only active participating team personnel on the infield. Please refer to the maps document with this information for the areas to set up team camps. Please pick up any garbage and throw in the garbage cans found around the facility and clean up your camp area at the end of the meet. **No sunflower seeds on the FB field!!** We ask that the shot put, and discus be thrown only in designated areas. Throwing footballs, baseballs, or frisbees in or around the track complex will not be allowed.

**General Info:** Spikes should be 3/16<sup>th</sup> inch only. Cut tennis balls will be provided for relays...no tape on the track please! Locker rooms will not be provided. Please arrive dressed and ready to go. Restrooms will be available near the track that can be used for athletes and team personnel.

- Weigh In:** Implements will be weighed in at the field house.
- PV Weigh In:** Each school will be responsible for weighing vaulters at their home site.
- Trainers:** Katie Lardy/Austin Mueller provided by Sanford (Located at the field house)
- Water/Ice:** Water is available. No coolers are provided.
- Concession:** Concessions will be available.
- Field Events:** Schools will be assigned to run a field event and provide workers. **See below.** You will need to plan to provide the workers for the event. Please send me the names of the people you will have working the event.

### **Meet Assignments**

- High Jump: Brandon Valley (Randy Marso)
- Shot Put: Dakota Sports Crew
- Boys Discus: WHS
- Girls Discus: RHS
- Long Jump: LHS
- Triple Jump: LHS
- Pole Vault: OGHS
- Boys Javelin: HHS
- Girls Javelin: JHS
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- Meet Director: Joey Struwe
- Hurdle Crew: Kaaren Huber
- Blocks: Scott Embry
- Curve Judges: Turn 1 - OGHS & BVHS/Turn 2 - RHS & WHS/Turn 3 - HHS & JHS/Turn 4 - LHS
- Head Starter: Eric Foss
- Meet Referee: Marc Murren/Tim Fjellestad
- Start Clerk: Krista Frederick
- Hip Numbers: Kelly Jerstad
- Field Event Entry: Anne Engelland
- Announcer:
- Implement Weigh-In:
- Jury of Appeals: Coaches not involved in the appeal/Meet Director
- Trainer: Katie Lardy/Austin Mueller
- Awards: Wendy Dorman

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**HIGH JUMP: (2:00 PM start)** – check in at site NLT 1:30pm

Girls High Jump – followed by boys

Girls Discus – followed by boys

Boys Shot – followed by girls

**FIELD EVENTS: (3:00 PM start)** – check in at site NLT 2:30pm

Javelin – girls followed by boys

Boys Long Jump (pit 1) – followed by boys Triple Jump (pit 1)

Girls Triple Jump (pit 2) – followed by girls Long Jump (pit 2)

Pole Vault – Boys followed by girls

**RUNNING EVENTS: (4:00 PM start)**

4:00 pm	Girls	4x800 Relay
4:15 pm	Boys	4x800 Relay
4:30 pm	Girls	100 M Hurdles
4:40 pm	Boys	110 M Hurdles
4:50 pm	Girls	100 M Dash
4:55 pm	Boys	100 M Dash
5:05 pm	Girls	4x200 Relay
5:10 pm	Boys	4x200 Relay
5:15 pm	Girls	1600 M Run
5:25 pm	Boys	1600 M Run
5:30 pm	Girls	4x100 Relay
5:35 pm	Boys	4x100 Relay
5:45 pm	Girls	400 M Dash
5:50 pm	Boys	400 M Dash
6:00 pm	Girls	300 M Hurdles
6:05 pm	Boys	300 M Hurdles
6:15 pm	Girls	Medley Relay
6:20 pm	Boys	Medley Relay
6:30 pm	Girls	800 M Run
6:40 pm	Boys	800 M Run
6:50 pm	Girls	200 M Dash
6:55 pm	Boys	200 M Dash
7:05 pm	Girls	3200 M Run
7:20 pm	Boys	3200 M Run
7:35 pm	Girls	4x400 Relay
7:40 pm	Boys	4x400 Relay