

SDSU Friday Night Invite
High School Track and Field Meet
Sanford-Jackrabbit Athletic Complex - Brookings, SD
March 27, 2020

Meet Information

Invited Teams: Sioux Falls Washington, Sioux Falls Lincoln, Sioux Falls O’Gorman, Sioux City West, Sergeant Bluff, Aberdeen Central and Bersford.

Entry Procedures:

- Online only at Athletic.net (www.athletic.net).
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing entries on March 1st. Entries Close 5pm on March 25th
- ABSOLUTELY NO RACE DAY ADDITIONS OR SUBSTITUTIONS WILL BE ACCEPTED.
- Heats/flights and the final schedule will be emailed on March 26th by 3pm.

How to Sign Up on Athletic.net:

- If your team already has an account with athletic.net, skip the steps below. You will receive an invite to the meet.

Entry Limits (Per School, Per Gender):

- Maximum:
 - 5 per track event
 - 3 per field event
 - 1 per relay, 2 relays in the 4 x 800 meter.

Entry Fees

- Available upon arrival on the day of the meet at a table located inside the east door of the facility. 2 Heat/flight sheets will be provided for each team.
- \$15.00 per individual and/or relay, not to exceed \$150 per gender, per team.
- Combined team entry fee not to exceed \$250 for dual gender programs.
- Entry Fees should be paid at the table on the east end of the building.
- Checks can made out to SDSU Athletics.

Seeding:

- All races will be seeded as finals against time.
- There will be no prelims in any event.

Preferred Lanes:

- 100m Dash & 100/110m Hurdles: 5-4-6-3-2-7-8-1

- 200m Dash: 7-6-8-5-4-3-2-1
- 300m Hurdles & 400m Dash: 6-5-7-8-4-3-2-1

Team Scoring:

- All schools will be scored against one another to 8 places.

Check-in:

- Track Athletes – check in 45 minutes prior to the start of your event at the table located on the turf in the west end zone near the finish line to receive hip numbers.
- Field event athletes – check in 1 hour prior to the start of your event at the event site.

Relay Cards:

- Relay cards are not needed, if you make changes to your team that include new individual please submit that list when your team checks in for the relay at the clerking table. Cards will be available at the check in table.

Implement Certification:

- All implements in the Shot Put will be checked-in at the table located by the respective event's throwing area beginning 90 minutes prior to the event's start time.
- Please do not bring implements to the Inspection table before check-in.

Shower Facilities:

- There will be *very limited* shower access in the building.

Facility Restrictions:

- The use of 1/4" (or shorter) pyramid spikes will only be permitted.
- No chalk for mark approaches. Tape is allowed.
- Only indoor shot put implements allowed.
- NO FOOD or SUGARY SPORT DRINKS ALLOWED ON THE TURF.
- Team camps will be on the infield in the designated team camp area only. Please bring a tarp.

Pre-Meet Warm-Up:

- The track will be open for general warm up at 10:30 am on March 28th.

Training Room:

- Athletic Training services will be provided in the garage located inside the indoor complex on the northwest corner.

Fan/Parent Parking:

- Take Exit 133 to US Hwy 14 turn left on to Stadium Drive. Follow the signs for event parking. Please park north and west of the facility and enter through the First Bank Trust Entrance on the north side of the building.

Tickets: \$5 for adults, \$3 dollars for K-12.

School/Bus Parking/Athlete Entrance:

- Take Exit 133 to US Hwy 14 turn left onto Jackrabbit Avenue.
- Coaches and athletes should enter the facility through the east door of the facility off Jackrabbit Avenue. Buses should park north of the facility in the gravel parking area.

Results:

- Live online at www.dakotatiming.com and final results will be emailed to coaches after the meet.

Awards: There are no medals or awards for this meet.

Tentative Schedule:**Field Events**

4:00 PM	B & G	Long Jump
4:00 PM	G	High Jump
4:00 PM	G	Shot Put
4:00 PM	G	Pole Vault (weigh-in by 3pm)
6:00 PM	B	Shot Put (15 minutes after the girls sp)
6:00 PM	B & G	Triple Jump (30 min after the LJ)
6:00 PM	B	High Jump (45 minutes after the girls hj)
6:00 PM	B	Pole Vault (weigh-in by 5 pm) (to start 45 min after girls pv)

Running Events (Rolling Schedule-Estimated Times)

4:00 PM	G	4 x 800 relay (1 heat)	Final
4:10 PM	B	4 x 800 relay (1 heat)	Final
4:25 PM	G	100m Hurdles (3 heats)	Final
4:35 PM	B	110m Hurdles (3 heats)	Final
4:45 PM	G	100m Dash (5heats)	Final
4:55 PM	B	100m Dash (5 heats)	Final
5:05 PM	G	1600m run (1 heat)	Final
5:12 PM	B	1600m run (1 heat)	Final
5:20 PM	G	4 x 100m relay (1 heat)	Final
5:25 PM	B	4 x 100m relay (1 heat)	Final
5:30 PM	G	400m Dash (4 heats)	Final
5:42 PM	B	400m Dash (4 heats)	Final
6:00 PM	G	300m Hurdles (2 heats)	Final
6:10 PM	B	300m Hurdles (2 heats)	Final
6:20 PM	G	800m Run (2 heats)	Final
6:30 PM	B	800m Run (2 heats)	Final
6:40 PM	G	200m Dash (5 heats)	Final
6:55 PM	B	200m Dash (5 heats)	Final
7:05 PM	G	3200m Run (1 heat)	Final
7:20 PM	B	3200m Run (1 heat)	Final
7:30 PM	G	4 x 300 Relay (1 heat)	Final
7:35 PM	B	4 x 300 Relay (1 heat)	Final
7:40 PM	G	4 x 400m Relay (1 heat)	Final
7:45 PM	B	4 x 400m Relay (1 heat)	Final