

**WEST REGION
CLASS A BOYS' & GIRLS' TRACK MEET
Bismarck Community Bowl, May 21, 2021**

COACHES MEETING

12:30pm (CST) in North Press Box

ORDER OF FIELD EVENTS

	GIRLS	BOYS
2:00pm (CST)	Triple jump	Long Jump
	Shot Put	Javelin
	Pole Vault	
3:30pm (CST)	Long Jump	High Jump
	Javelin	Discus
		Pole Vault (After Girls)
5:00pm (CST)	High Jump	Triple Jump
	Discus	Shot Put

ORDER OF RUNNING EVENTS

(Girls will run first, followed by Boys)

3:30 p.m. (CST)

3200 M Relay

300 M Hurdles

100 M Dash

800 M Relay

1600 M Run

400 M Relay

400 M Dash

100 M Hurdles

110 M Hurdles

800 M Run

200 M Dash

3200 M Run

1600 M Relay

* All track events are timed finals only - fastest heat first

1. **All Class A entries are due at athletic.net no later Noon on the day prior to the regional meet. THOSE ENTRY DEADLINES SHALL BE FINAL ALLOWING NO ADDITIONS OR SUBSTITUTIONS, ONLY SCRATCHES.**
2. The top six finishers (Class A) in each event at the region meet, including the relays, with the possible exception of the high jump and pole vault events as outlined in item 23, qualify for the state meet from each region.
3. Teams may enter a maximum of **five contestants** in each individual event at the regional meet. In the event a team has more than 5 athletes qualified by minimum standard during the regular season, the team may exceed the 5-individual limitation, using only previously qualified athletes. Each school may enter one team in each relay event.
4. The individual and team uniform rule as outlined in the National Federation Track and Field Rule Book will be enforced by Region and State Meet managers.
5. Teams must be prepared to assume their own expenses at the regional meet. Schools qualifying contestants for the State Meet will be reimbursed following the completion of the year according to the team payment schedule.
6. The starting height for the high jump and the pole vault at regionals will be set by the Games Committee with input from the participating coaches. Final starting height will be determined by the Games Committee. In regional meets for the high jump and pole vault, if 1st, 2nd and 3rd place involves more than three contestants (Class B) or 1st through 6th place involves more than six contestants (Class A) and the tie is at a height less than state qualifying, there shall be a "jump off" between the tied individuals to determine who will advance to the State Meet. If during the jump-off, an athlete meets state qualifying height, the original height shall stand and shall not be state qualifying unless by place in the jump-off. The jump-off height is not considered state qualifying because it was not reached during the original competition.
 - a. The "five alive" method will be used in the high jump and pole vault.
7. Admission prices – Adults - \$11 - Student \$6
8. All teams should enter the southwest gate.

9. **FIELD EVENT ASSIGNMENTS**

Pole Vault - Mandan
High Jump – TMCHS
Long Jump – Jamestown - Minot
Triple Jump – Legacy – St. Mary's
Shot Put – Century – Watford City
Discus – Bismarck - Williston
Javelin – Dickinson

All running event workers and press box workers will be provided by the Bismarck Public Schools.

10. **SENIOR ATHLETE OF THE YEAR**

Please e-mail your Senior Athlete of the Year nominees and their credentials to Dave Zittleman by Wednesday, May 19 so that he can put a ballot together for our meeting: dave_zittleman@bismarckschools.org