

## **North Dakota State Snowbird Track and Field Invite - NDSU Shelly Ellig Track Wayzata Team Travel Information - March 28, 2024**

On Thursday, March 28<sup>th</sup>. Wayzata boys Track & Field will travel to the North Dakota State Snowbird Invitational Indoor Track & Field Meet. The meet will take place on the campus on North Dakota State University in the Shelly Ellig T&F facility. It is a newer T&F only facility and home to one of the upper level division 1 T&F programs in the upper Midwest. Attached is the meet information and schedule for the day:

### **Bus Load time: 7:30 AM – Bus Departs from WHS NO LATER then 7:45 AM**

Day of meet Packing list:

#### Competition gear:

- Team shorts / compressions
- Team Jersey
- Spikes/competition shoes
- Warm up gear

#### Clothes:

- Extra clothes as needed
- Extra shoes as needed
- Warmups – no shorts for warmups
- Clothes for ride home

#### Fuel:

- Healthy breakfast in the AM (final big meal)
- Extra snacks for bus ride
- Healthy lunch at meet – work around events
- Fuel during the meet
  - Light foods
  - simple sugars for between events
- Fluids – extra water bottle

**- We will eat as a team concluding the meet. Information will be provided as the meet day approaches. Please bring \$10 cash on the day for dinner. We will order Pizzas and drinks to have at the fieldhouse before we depart Fargo.**

- Anticipate arrival back at WHS close to 8:45-9:00 PM

### **MEET ENTRY INFORMATION**

- There are no locker room facilities available. There is a large bathroom.
- Team camps will be determined this week. Most likely the camps are in the adjoining indoor turf area. Be sure to keep camps off the outside lanes and make to look before crossing the track.
- Only 1/4" cone spike elements are allowed.
- Long/triple jumpers and shot putters will be placed in to flights. After Prelims in the horizontal jumps and throws, finalist will receive 3 more jumps/throws.
- Flighted events will follow traditional scheduling with the top flights going last.
- The pole vault and high jump will start at a height determined at coaches meeting. The bar will be raised in 6" and 2" increments, respectively.

If you have friends or family attending the meet to watch, the address for the Shelly Ellig complex is 1625 14th Street North - Fargo, ND 58102

Admission cost for spectators is \$10.00 for adults and \$5 for 18 and under.

**NDSU Snowbird Invite Indoor T&F Meet**  
**NDSU Shelly Ellig Track & Field Complex**  
**March 29, 2018**

12:30 – 2:00	Long jump (boys both runways)-	Tapper, Cleveland, Hutton, Harding
12:30:	High Jump (girls first)	Pearson, Mennon, Harding
12:30	Shot put (boys in North ring)-	Wilson, Smith, Christenson, Eli
12:30	Pole Vault (boys first)	Wong, Myers, Brown
4:30-6:00	Triple Jump (Boys West Runway)	Pearson, Mennon, Brefeld, Cleveland

**Girls will follow Boys in all running events:**

<b>1:00</b>	<b>4 x 800 meter relay</b>	<b>Gold:</b> Weber, C. Williams, W Chabot, Kahlstrof <b>Blue:</b> Kissell, Dietrick, Young, E. Williams
	<b>60m hurdles</b>	Madasamy, J. Agbemadon, J Agbemadon, Cortright, Brefeld,
	<b>60 meter dash</b>	Milkes, D Johnson, Olu-Onanuga, Kaesviharn, Ley, Wong
	<b>1600 meter run</b>	Raj, Barrett, Jorjoura, Salatino, Robleh
	<b>4 x 200 meter relay</b>	<b>Gold:</b> Tapper, Ley, Kaesviharn, Ney <b>Blue:</b> J. Agbemadon,, J. Agbemadon, Cortright, Madasamy
	<b>60m hurdles (Finals)</b>	(qualifiers)
	<b>60 meter dash (Finals)</b>	(qualifiers)
	<b>60 meter (Wheel)(Finals)</b>	Allen, Hedtke
	<b>400 meter dash</b>	Adams, D Johnson, Maahs, Hutton, Furcht, C. Williams
	<b>800 meter run</b>	Weber, Kissell, Young, W. Chabot, Dietrick, Kahlstrof
	<b>200 meter dash</b>	Milkes, Tapper, Kaesviharn, Tomczik, Cleavland, TBD
	<b>3200 Meters</b>	Marshall, Havelio, Jenneke, G Chabot, Foss
	<b>4 x 400 meter relay</b>	<b>Gold:</b> Adams, Tomczik, Furct, Salatino (alt:)Hutton <b>Blue:</b> Raj, Barrett, E. Williams, Jorjoura