



2026 Ellendale Quarterback Club Track Meet

Saturday, May 2nd

Field Events 11:00 am - Running 12:00 pm

- 7th and 8th grade divisions will compete together.
- Only pyramid spikes (maximum 1/4") are permitted.
- Please clean up your team area before departing.
- The Ellendale Track Complex is a **tobacco-free and pet-free facility**.
- Timing services will be provided by Metro Area Timing, and meet results will be emailed.

Entry Fees: \$200 per school, \$300 for schools entering both Varsity and Junior High or \$15 per athlete for partial teams

Gate Admission: Adults: \$8 Students: \$5

Awards: T-shirts for 1st place finishers Bandanas for relay winners

Field Events: Top 9 advance to finals and receive 3 additional attempts

Please contact us at the school should you have any questions:

Athletic Director

Brian Vance

bvance@ellendale.k12.nd.us

School Phone: 349-3232

Cell Phone: 701 535-0081

Head Track Coach

Lana Norton

lana.norton@ellendale.k12.nd.us

School Phone: 349-3232

Order of Events

Field Events

11:00 am

Boys Shot Put (JH Followed by Varsity)
Boys Javelin (Varsity Only)
Boys Long Jump (JH Followed by Varsity)
Boys High Jump (JH Followed by Varsity)
Girls Triple Jump (JH Followed by Varsity)
Girls Discus (JH Followed by Varsity)

Second Half

Girls Long Jump (JH Followed by Varsity)
Girls Shot Put (JH Followed by Varsity)
Girls High Jump (JH Followed by Varsity)
Girls Javelin (Varsity Only)
Boys Triple Jump (JH Followed by Varsity)
Boys Discus (JH Followed by Varsity)

Running Events –JH Girls, Var Girls, JH Boys, Var Boys

12:00 pm

4 x 800 Meter Relay
200 Meter Hurdles (JH Only 30-inch)
300 Meter Hurdles (Var Girls-30 inch, Var Boys-36 inch)
100 Meter Dash
4 x 200 Meter Relay
1600 Meter Run
4 x 100 Meter Relay
400 Meter Run

Short Break to set hurdles

100 Meter Hurdles (JH Girls 30-inch)
100 Meter Hurdles (Var Girls 33-inch – 2nd hole)
110 Meter Hurdles (JH Boys 33 inch)
110 Meter Hurdles (Var Boys 39 inch – 4rd hole)
800 Meter Run
200 Meter Dash
3200 Meter Run
4 x 400 Meter Relay