

Bemidji State University
High School Indoor Meets

March 26 th	Lions Club Invitational	11am Start
April 2 th	Little Amik	11am Start
April 9 th	Beaver Relays	1pm Start

GILLETT RECREATION CENTER

1801 17th St NE

Bemidji, MN 56601

- ENTRY FEE:** \$150 per team or \$300 combined boys & girls. Please check in at timer's table upon arrival. Make checks payable to: Bemidji State University T&F. Mail the entry fee to: Bemidji State University, Box #5 BSU, 1500 Birchmont Dr., Bemidji, MN, 56601. Please call Ben Baird at 507-993-2405 or email at bbaird@bemidjistate.edu if any questions.
- ENTRY PROCEDURE:** Heros Timing will take your roster directly off of the Minnesota State High School League website, so you will need to make sure your roster is up to date. We will just need verification of your coming at least 24 hours prior to the meet. See www.herostiming.com if you have any questions.
- BUS:** Buses can unload outside John Glas Fieldhouse off 19th St. Buses may only park in furthest west portion of the John Glas Fieldhouse Lot (Closest to Slumberland).
- LOCKERS:** Bathrooms and small locker room space will be available. Prefer coming to the meet already dressed.
- INDOOR TRACK:** Rubber surface for all running and jumping events. Shot put will be throw from a wooden board onto rubber surface.
- BSU GYMNASIUM:** This will be the primary space for team camps. One side of bleachers will be pulled out for seating. Please keep all food and drink away from Indoor Track and Fieldhouse areas.
- DISCUS:** The discus ring is located behind the BSU Baseball Field next to the DNR Office. Discus will be thrown if weather permits and workers are available. It is a chain link cage with a concrete surface throwing onto grass.
- ELIGIBILITY:** Minnesota State High School League rules will govern meet participation. Individuals can compete in any 4 track and field events, but only 3 of them can be running events, and they can only compete in two events of 800m or longer, including relays. High School teams only.

OFFICIALS: Each participating team must be ready to provide one person to help conduct the meet. Please have that person report to the timer's table 30 min prior to the start of the meet.

ORDER OF EVENTS

All meets will have a rolling time schedule.

Field Events:
Girls HJ followed by Boys in Rec Center
Boys LJ followed by Girls LJ, then Boys TJ followed by Girls TJ
Pole Vault in Rec Center Boys and Girls together
Girls Shot Put in Rec Center followed by Boys (3 throws top 9 to finals)
Discus (if weather permits) will begin after 1st flight of Shot put is concluded, mixed flights of Boys and Girls (4 throws no finals)

Running Events:

4x800	Girls-Boys	
60 Hurdle	Prelims-Girls-Boys	
60 M	Prelims-Girls-Boys	
400 M	Finals-Girls-Boys	Fast Heat 1 st , No Blocks
1600 M Run	Girls-Boys	2 Heats Each, Fast Heat 1st
60 Hurdle Final	Girls-Boys	12 in Finals by time, 2 heats
60 Dash Final	Girls-Boys	12 in Finals by time, 2 heats
4x200 Relay	Girls-Boys	Varsity/Fast heats 1st
800 M Final	Girls-Boys	12 in a Heat, Fast Heat 1st
200 M Final	Girls-Boys	Fast Heat 1st
3200 M (3 Entries)	Girls-Boys	1 Heat Each
4x400 Finals	Girls-Boys	Varsity/Fast heats 1st