

Flandreau Invitational Track and Field Meet
Saturday, April 20, 2023
10:00 AM

1. The Flandreau Invitational Track Meet is scheduled for April 20, 2024. Field events will start at 11:00 am and running events will begin at Noon. It is a sanctioned meet by the SDHSAA.
2. Shot and Discus pads are concrete—**please no shots or discus inside the track or on the football field. Throwing implements will be weighed in from 9:15—10:45 at the shed.** A minimum distance mark will be utilized in order for a throw to be measured – this is for shot put, discus and javelin.
3. We will be using FAT timing for all races. Al Bierschbach will be running the FAT. Entries will be made via Athletic.net and due on Friday, April 19th at 9:00 am. Please input times/heights/distances that are close to what each individual can accomplish. Please input the names of your relay runners when you declare your entries. Coaches may change the members of relay teams at the finish trailer before or during the meet as long as it occurs before that specific relay occurs.
4. All races will be run as finals. We will run the fast heats first. Field events will have 4 attempts and no finals.
5. No Team Points: Medals will be awarded for top six in individual and top 3 in relays.
6. An athlete may participate in four events. **FIVE (5) entries per school per event. Relays can have 2 teams per relay event.**
7. Entry fee is \$225.00. **Make checks payable to Flandreau Booster Club.**

Please send entry fee to: Flandreau Booster Club
 Attn: Rick Weber
 Flandreau High School
 600 West Community Drive
 Flandreau, SD 57028

8. There will be a coaches' meeting at 10:30 am in front of the grandstands.
9. **CO-ED Weight 400 Meter Relay – must be 2 boys and 2 girls who participate ONLY in THROWING events.**

10. DATE FOR 2024 TRACK MEET IS APRIL 26, 2025

11. Admission: Adults = \$5.00 Students = \$3.00

Any questions, please contact:

Rick Weber Rick.Weber@k12.sd.us or 605-864-0314 (cell) or

Owen Parsley, Head Track Coach at Owen.Parsley@k12.sd.us or 763-258-6513 (Cell)

Flandreau Invitational Track and Field Meet
April 20, 2023

Field Events:

10:00

Boys & Girls Javelin
(Combined)

11:00 ish

Boys Shot Put
Boys Long Jump
Girls High Jump
Girls Discus

Followed by

Girls Shot Put
Girls Long Jump
Boys High Jump
Boys Discus

Followed by

Boys & Girls Triple Jump
(Combined)

Running Events: Rolling Schedule

Noon

Boys 3200 Meter Relay
Girls 3200 Meter Relay
Boys 110 Meter Hurdles
Girls 100 Meter Hurdles
Boys 100 Meter Dash
Girls 100 Meter Dash
Boys 800 Meter Relay
Girls 800 Meter Relay
Boys 1600 Meter Run
Girls 1600 Meter Run
Boys 400 Meter Relay
Girls 400 Meter Relay
CO-ED Weight 400 Meter Relay
Boys 400 Meter Dash
Girls 400 Meter Dash
Boys 300 Meter Hurdles
Girls 300 Meter Hurdles
Boys Medley Relay
Girls Medley Relay
Boys 800 Meter Run
Girls 800 Meter Run
Boys 200 Meter Dash
Girls 200 Meter Dash
Boys 3200 Meter Run
Girls 3200 Meter Run
Boys 1600 Meter Relay
Girls 1600 Meter Relay

Teams:

Dell Rapids
Deuel
Elkton/Lake Benton
Flandreau Indian School
Flandreau Public
SF Christian
Canby

- ALL CAMPS ARE TO BE OUTSIDE OF THE FENCE. ONLY COACHES AND ATHLETES ARE ALLOWED ON THE INFIELD.