

2021-22 Bismarck Tournaments

Dave Zittleman

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TO: Girls' and Boys' Track Coaches
FROM: Dave Zittleman, Meet Manager
RE: Information for the 2022 State Track Meet
DATE: May 10, 2022

The Bismarck Community Bowl will be the host site for the 2022 State Track Meet on Thursday, May 26, Friday, May 27 and Saturday, May 28.

Bismarck Community Bowl: The Bismarck Community Bowl is located on the campus of Bismarck State College (west edge). Vehicles coming off of I-94 should take exit 157. Vehicles should then go onto West Divide Avenue to Shafer Street (straight ahead for vehicles coming from the west and 1 block south for vehicles coming from the east). Vehicles should continue on Shafer Street onto the campus and take a right onto Edwards Avenue to the southwest parking lot of the Bowl.

School Parking: Teams are asked to enter through the lower southwest gate at the Community Bowl. Buses, vans, and other school vehicles may drop participants off at the lower southwest gate and then **park WEST of the BSC Armory**. There will be no parking in the lower southwest parking lot. The upper southeast gate will be available for coaches and athletes to exit and re-enter. This is the gate closest to the bus parking, and should be used by participants and coaches once the meet begins.

**** ALL COACHES AND PARTICIPANTS MUST HAVE THEIR PASS TO RE-ENTER. ****

Food and Beverage: Concealed **food and drink, along with coolers for the athletes** should be brought in the lower southwest or upper southeast gates and placed in the team camp area. Water and cups are also provided at the finish line and west of the locker facility. Coaches and athletes may also leave their food and beverages on their bus and will have easy access to it through the upper southeast gate (close to the camps). Based upon Bowl policy no outside food or beverages will be allowed in the MDU Resources Community Bowl **for public consumption**.

Team Registration: All coaches must pick up their team **packets** at the following times and locations:

Thursday: 1:00 p.m. to 5:30 p.m. – BSC Locker Room F (furthest south locker room at the Bowl).(Packets can be picked up at the awards tent by coaches after 5:30pm)

Friday: 7:30 a.m. to 9:30 a.m. - Lower southwest gate.

Any remaining packets may be picked up at the lower southwest ticket booth.

Heat Sheets: The final heat sheets may be downloaded from the NDHSAA web site after 12:00 noon-Tuesday. Be certain these are marked "FINAL". No heat sheets will otherwise be provided.

Participant Passes: Athletes and coaches must have their passes for admittance to the stadium. Please inform your athletes that they need to show the ticket taker their pass even if they are in uniform.

Practice Time: By NDHSAA rule there will be no practice allowed at the tournament site the day prior to the State Meet.

1. Open Practice will be allowed at the MDU Resources Community Bowl on Thursday, May 26 from 1:00pm to 3:30pm.
2. Teams are encouraged to practice at home, on a site in route to Bismarck, or use **Sanford Sports Complex in Bismarck** (3406 East Calgary Ave) or **Starion Sport Complex in Mandan** (111 Old Red Trail) from 3:30 p.m. to 7:30 p.m. on Thursday only. **Both of these locations have limited throwing event areas – you are encouraged to practice these events at your home location.**
3. **Also, the University of Mary and Shiloh Christian are not available for practices.**

Locker Rooms: Locker rooms will be available at the Bowl--**girls in the Century's Locker Room C** and **boys in the St. Mary's Locker Room D**.

Coaches Meetings:

Class A Coaches Meeting - Thursday, May 26 at 3:30 p.m. in the Bismarck High Locker Room A (furthest north locker room).

Class B Coaches Meeting - Thursday, May 26 at 3:30 p.m. in the University of Mary Locker Room B (2nd furthest north locker room).

Throwing Implement Measurements: All implements must be weighed, measured, and approved prior to the start of the field events. Measurements will be done in the storage area on the south end of the locker rooms (just through the lower southwest gate) at the Bowl with the following time schedule:

Thursday - 2:00 p.m. - 4:00 p.m. – (For Thursday Event Only)

Friday - 7:30 a.m. - 9:30 a.m.

Saturday - 7:30 a.m. - 8:30 a.m.

Pole Vault Weigh-ins and Pole Inspections:

All pole vaulters will weigh-in on the day of their competition. Weigh-ins and pole inspections will be done in the official's room on the west side of the locker room complex, with the following time schedule:

Thursday - 2:30 p.m. - 3:30 p.m. – CLASS A BOYS ONLY

Friday - 8:00 a.m. - 9:00 a.m. – CLASS B BOYS & CLASS B GIRLS ONLY

Saturday - 8:00 a.m. - 9:00 a.m. – CLASS A GIRLS ONLY

Helmets must be worn during weigh-in, all warm-ups and competition tries. Please read rule (6-5) of the National Federation Track and Field Rule book regarding specific pole vault regulations.

Team Camps: Team camps should be set up at the upper east grass apron of the Bowl. You are also encouraged to bring tents, canopies, and blankets for your team camp. You may set up your tents and canopies on Thursday **AFTER 12:00pm** or Friday and Saturday during the meet. Team camps will not be allowed in the Bowl Locker Rooms, on the football field or on the lower grass areas of the Bowl (below the concrete walkway).

Coaches Seating: An area for coaches seating will be set up on the far west section of the north grandstand. Only coaches will be allowed in this area. Student managers and other team personnel should not be in this area. **Coaches are not allowed on the track or football field during the meet.** Seating for coaches will also be available in the field event areas (one coach per school - only during the time their athlete is competing).

Marshalling Area: All races will be marshalled in the northeast corner of the football field where the bleachers are located. This area is just west of the pole vault area. Please make sure that your athletes are aware of this area and are on time for their events.

100/110 Hurdle Warm-Ups: Hurdles will be placed on the northeast side of the track for high hurdle warm-ups/starts from 1:30-1:55pm on Friday and 1:00pm -1:20pm on Saturday. We will have officials monitoring this warm-up area. Hurdles will be provided on the infield for general warm-up as well. **Only first hurdle starts will be allowed in NE corner of track.**

Athletic Trainers: Athletics Trainers will be on staff throughout the State Track Meet. The sports medicine area will be located in the training room located just under the scoreboard. Each school must provide their own training materials. Each coach is responsible for bringing medical information on each athlete (i.e. - physical card that has a medical release signed by the parent in case that athlete would need emergency care).

Spikes: Only 1/4" pyramid spikes can be used on the track. No needle spikes will be allowed. Spikes will not be on sale at the stadium. Please purchase all spikes and replacement spikes prior to the meet.

Uniforms: As per rule 4-3, removal of any portion of the team uniform excluding shoes is prohibited in the following areas: the infield, the track, the area around the track and the field event areas. Competitors must be in school issued uniform to receive their award (no sunglasses, hats, etc.).

T-Shirt Sales: Tournament T-Shirts will be sold by Coaches Choice in the West Locker Room Area. They will be available to purchase – Thursday – 2:30pm-8:00pm, Friday – 8:00am – 2:00pm, and Saturday UNTIL SOLD OUT. A pre-order link will also be sent to you through NDHSAA.

Thursday, May 26 Track Schedule

1:00pm	MDU Resources Community Bowl open for practice
3:25pm	Practice closed
3:30-3:55pm	B Boys 4 x 200 hand-offs
3:55-4:20pm*	A Boys 4 x 200 Hand-offs
4:15pm	National Anthem
4:20-4:45pm*	B Girls 4 x 200 Hand-offs
4:45-5:10pm*	A Girls 4 x 200 Hand-offs
5:10pm	Track cleared for parade of athletes
5:30pm	Parade of athletes
6:15pm	4 x 200m Relay
7:00pm	3200m Run Final

***Athletes can warm-up on infield while waiting for their 4 x 200 session.**

Awards for Thursday Events

- 4:30pm Field Event awards will be handed out immediately after conclusion of event.
- 6:30pm Field event awards will be handed out at 1:30pm on Friday.
- 3200m run awards will be handed out at 1:30pm on Friday.

2022 Parade of Athletes Guidelines

- Parade of Athletes will begin at 5:30pm CT on Thursday.
- Teams can begin lining up at 5:10pm in the NE corner of the track. (Start of 100m dash)
- All teams will jog down the home stretch of the track East to West when announced.
- Teams will be provided a card to present to the announcer. Card will be in the team packet.
- Teams do not need to line up in alphabetical order. Once your team is organized get in line and introductions will take place in the order teams lined up.
- Balloons and items thrown into the stands will not be allowed.

Friday & Saturday warm-up time on track

- **Friday** - The track will be open from 8:00am to 9:45am for warm-up on Friday.
- **Saturday** – The track will be open from 8:00am to 10:45am on Saturday.

Additional information can be found here:

<https://ndhsaanow.com/tournaments/track-girls>

<https://ndhsaanow.com/tournaments/track-boys>

This is the only mailing you will receive prior to the State Meet. If you have any further questions, please contact me at:

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