

# 2008-09 Bismarck Tournaments

## **Jim Haussler**

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**TO:** Girls' and Boys' Track Coaches  
**FROM:** Jim Haussler, Meet Manager  
**RE:** Information for the 2009 State Track Meet  
**DATE:** May 5, 2009

The Bismarck Community Bowl will be the host site for the 2009 State Track Meet on Friday, May 22 and Saturday, May 23. It is imperative that you take time to carefully read all information enclosed in this mailing.

**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 on the upper hill south of the Bowl. There will be no parking in the lower southwest parking lot. Please do not park in the BSC Dorm Lot, even if you are staying there.

**Team Registration:** All coaches must pick up their team packet.

### **Day/Times/Location**

Thursday: 6:00 p.m. to 8:00 p.m. - Locker Room A

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 Wednesday prior to the State Meet. 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 full uniform.

**Practice Time:** There will be no practice allowed at the tournament site the day prior to the State Meet. Teams are encouraged to practice at home, on a site in route to Bismarck, or use Mandan's Lefty Faris Field or University of Mary's Hegaholz Field from 3:30 p.m. to 8:30 p.m.

**Locker Rooms:** Locker rooms will be available at the Bowl--girls in Locker Room B and boys in Locker Room C.

### **Coaches Meetings:**

**Class A Coaches Meeting** - Thursday, May 21 at 8:00 p.m. in the Bismarck Community Bowl's Locker Room A.

**Class B Coaches Meeting** - Saturday, May 23 at 8:00 a.m. in the Bismarck Community Bowl's Locker Room A.

**Locker Room A will also be the site of the Coaches' Hospitality/Results Room. Results may be viewed on the computers located in Locker Room A.**

**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 maintenance shed/Locker Room D (just through the lower southwest gate) at the Bowl. The following time schedule will be used:

Thursday - 6:30 p.m. - 8:00 p.m.

Friday - 7:30 a.m. - 10:00 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 maintenance shed/Locker Room D (just through the lower southwest gate) at the Bowl. The following time schedule will be used:

Friday - 8:00 a.m. - 9:15 a.m.

Saturday - 8:00 a.m. - 9:15 a.m.

Helmets must be worn during weigh-in, all warm-up and competition tries. Please read rule (7-5) 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 and the east 1/3 of the south grandstand. You are also encouraged to bring tents, canopies, and blankets for your team camp. You may set up your tents and canopies on Thursday evening (no later than 10:00 p.m.) or on the days of 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).

**Marshaling Area:** All races will be marshaled 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.

**Parade of Athletes:** The Parade of Athletes will be held on Friday beginning at 9:30 a.m. sharp. We ask that teams line up in alphabetical order on the grass field just west of the locker rooms. Teams will enter the main stadium through the lower southwest gate and loop around the track counter clockwise to be introduced from the northeast corner of the track (east to west). A card for the parade of athletes will be in your packet which should be filled out with correct information. **NOTE: During the parade, athletes please refrain from throwing anything into the stands.**

**Athletic Trainers:** Athletics Trainers will be on staff throughout the State Track Meet. The sports medicine area will be located in the trailer located just north of the Bowl locker rooms. 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 4-3-4, 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.).

**Additional Information:** Please refer to pages 28-32 of the NDHSAA February Bulletin and pages 7-9 of the May Bulletin. The **State schedule** is available on the following web page:

[http://www.ndhsaa.org/athletics/track\\_and\\_field\\_boys/boys\\_track\\_and\\_field\\_tournament\\_information](http://www.ndhsaa.org/athletics/track_and_field_boys/boys_track_and_field_tournament_information)

This is the only mailing you will receive prior to the state meet. If you have any further questions, please contact me at: jim\_haussler@bismarckschools.org