

# NORTH POLE MINI MEET #3

April 27th, 2024

Meet start: 11:00am

Location: NPHS Track

Coaches Meeting: 10:15am @ the finish line  
on the track



EVENTS	LOCATION	TIME
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3200M Girls	Track	11:00am
High Jump Boys	Infield	11:00am
Long Jump Girls	Infield	11:00am
Discus Boys	Practice Field	11:00am
3200M Boys	Track	11:30am
Discus Girls	Practice Field	12:00pm
100M HH Girls	Track	12:00pm
110M HH Boys	Track	12:15pm
4X200M Relay Girls	Track	12:45pm
4X200M Relay Boys	Track	13:00pm
Shot Put Boys	Practice Field	13:00pm
High Jump Girls	Infield	13:00pm
Long Jump Boys	Infield	13:00pm
800M Girls	Track	13:15pm
800M Boys	Track	13:30pm
400M Girls	Track	13:45pm
400M Boys	Track	14:00pm
Shot Put Girls	Practice Field	14:00pm
4X100M Relay Girls	Track	14:15pm
4X100M Relay Boys	Track	14:30pm

Triple Jump Girls and Boys	Infield	15:00pm
300IH Girls	Track	15:00pm
300IH Boys	Track	15:20pm
4X100M Throwers Relay Girls	Track	15:45pm
4X100M Throwers Relay Boys	Track	16:00pm

## Track and Field Logistics

**There will be NO papers with events listed to sign up. RNC will call them up from the line. Make sure your athletes are aware and to be ready.**

- This IS NOT a sanctioned meet, therefore no athletic.net.
- Student Athletes can sign up for as many events as they want.
- There is NO official timing at our meet, but please feel free to time your athletes. We will hopefully have the large digital clock from RCN for the longer races on the track.
- There will be no lane assignments. The way RCN will run each event is he will simply ask for the next runners to get on the start line, give commands, and start the race. This makes for a speedy track meet, so we apologize in advance if athletes are competing in other events simultaneously. We'll do our best to accommodate all athletes.
- Porta Potties will be located outside the track gate.
- NP HighSchool will be locked. Please dress accordingly and plan ahead.
- **Have your athletes wear a top that says their school.** Feel free to have your athletes wear base layers/warm clothing. For bottoms, the shorts/sweats/base layers do not need to be school uniform, please be appropriate for the weather, please be warm. Hats, buffs, and gloves will be allowed.
- Bring your own starting blocks.
- There will be concessions at this meet.
- Let's all work together to make this a great season for our athletes, because they deserve our very best as coaches.
- Coach's meeting at 10:15am at the finish line of the Track.

Weather Permitting, we will have a great meet. In the off-chance of inclement weather forecast, we will cancel by Thursday, April 25th at 12 noon and send out emails stating cancellation. If you need anything prior to the meet, please reach out.

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