

# **Grand Rapids Boys/Girls Old River Track Meet**

## **May 5, 2022**

**FROM:** Anne Campbell, Grand Rapids Activities Director (218-327-5766) (Fax 218-327-5778)

**MEET DIRECTOR:** Darrin Hofstad 218-256-8636 - [dhofstad@isd318.org](mailto:dhofstad@isd318.org)

**GRAND RAPIDS HEAD TRACK COACHES:**

**GIRLS** - Darin Illikainen - 218-259-8877

**BOYS** - Matt Sandys - 612-619-0834

**TEAMS:** Bigfork,, Duluth East, GNK, International Falls, Mesabi East & Rock Ridge

**ENTRIES:** Four entries per event. One relay per team.

**ENTRY INFORMATION:** Entries will all be submitted using athletic.net.

**COACHES MEETING:** 3:15 p.m.

**SCORING:** 10-8-6-5-4-3-2-1

**ENTRY FEE:** \$150.00 (payable to ISD 318)

**AWARDS:** Ribbons will be awarded.

**SPIKES:** Only 1/4" pyramid. Spikes can be purchased at concession stand.

**WORKER ASSIGNMENTS:** Each team (one for boys team & one for girls team).

**CONCESSIONS:** Will be available.

**TICKET PRICES:** Adults: \$7.00 Students: \$5.00

**LOCKER ROOMS:** Limited space - if possible please dress at home.

**\*\*\*BUSES-** Please instruct the bus driver to drop off athletes at track and park at the south end of the high school parking lot.

**FIELD EVENTS: 3:45 P.M.** Participants will be placed into flights when you submit your entries.

**\*\*\*FOUR attempts and NO FINALS\*\*\***

**\*\*\*Pole Vault and High Jump 3 attempts at each height\*\*\***

GIRLS HIGH JUMP, FOLLOWED BY BOYS

BOYS AND GIRLS LONG JUMP

GIRLS AND BOYS TRIPLE JUMP

BOYS POLE VAULT, FOLLOWED BY GIRLS

GIRLS SHOT PUT FOLLOWED BY BOYS - Shot put

BOYS DISCUS FOLLOWED BY GIRLS - Discus

**RUNNING EVENTS: 4:00 P.M.**

4 X 800 RELAY  
100/110 H. HURDLES  
100 M. DASH  
4 X 200 RELAY  
1600 M. RUN  
4 X 100 M. RELAY  
400 M. DASH  
300 INTER. HURDLES  
800 M. RUN  
200 M. DASH  
3200 M. RUN  
4 X 400 RELAY

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