

2025 West Region Track & Field Championship

To: West Region Athletic Directors and Track Coaches

From: Dave Zittleman, BPS Director of Student Activities

Date: May 7, 2025

Re: Information for West Region Track Meet

DATE AND LOCATION: Friday, May 16, 2025, MDU Resources Community Bowl

COACHES MEETING: 11:00am in Bismarck Locker room (North end of locker room building)

JURY OF APPEALS: Dave Zittleman, Ron Staiger, Larry Cook, Jim Haussler

CLERKS OF COURSE/REFEREE: Randy Johnson

STARTERS: Vance Reinbold and Brian Beehler

SHOT PUT, DISCUS, and JAVELIN implement weigh ins: All implements are to be weighed from 10:00am-11:30am in the Southwest Garage.

ENTRY DEADLINE: Thursday, May 15, 12:00 PM CT. Those entries will be FINAL, allowing no additions or substitutions. Please submit entries through Athletic.net. A team performance list will be emailed to you Thursday, May 15 after 7:00 PM, if you have any corrections after the deadline, please email them to dave_zittleman@bismarckschools.org

ENTRY LIMITATION:

Class A and Class B teams may enter a maximum of five contestants in each individual event at the regional meet. In the event a team has more than 5 athletes qualified by minimum standard during the regular season, the team may exceed the 5-individual limitation, using only previously qualified athletes. Each school may enter one team in each relay event.

LANE ASSIGNMENTS: Lane assignments on a nine-lane track for races around one or more curves:

9 participants – Lanes 4-5-6-3-7-2-8-1-9

8 participants – Lanes 4-5-6-3-7-2-8-9

7 participants – Lanes 4-5-6-3-7-8-9

6 participants – Lanes 4-5-6-7-8-9

5 Participants – Lanes 4-5-6-7-8

4 participants – Lanes 4-5-6-7

3 Participants – lanes 4-5-6

Lane assignments for 100m and High Hurdles – Lanes 5-4-6-3-7-2-8-1-9

HEAT ORDER: All track events are timed finals only, fastest heat first.

Starting Heights for pole vault and high jump will be set at the coaches meeting.

SENIOR ATHLETE OF THE YEAR & COACH OF THE YEAR:

Please send nominees for Senior Athlete of the year to Dave Zittleman dave_zittleman@bismarckschools.org by Wednesday, May 14 at Noon. Please fill out the form attached in email with all meet information.

Coach of the year will be voted on at the coaches meeting.

WORKERS: Event Assignments

Triple Jump	Century & St. Mary's
Pole Vault	Dickinson & Watford City
Long Jump	Minot, Legacy & Williston
Javelin	Mandan & Minot North
High Jump	TMCHS & Bismarck
Shot Put	Bismarck & Legacy
Discus	Century & Jamestown

TICKETS: Online tickets will be available on GoFan. <https://gofan.co/event/3571899?schoolId=NDHSAA>

Ticket prices are:

GoFan: Adults - \$10.00 Students- \$5.00.

Cash: Adults - \$15.00, Students - \$5.00