

Grand Forks Middle Schools Boys and Girls Track Guidelines

All North Dakota High School Activities Association and National High School Federation rules, regulations, guidelines, and procedures will be followed.

1) Team Configuration- All competition is by gender and grade level, with the exception of the meets noted on the meet schedule. The East Grand Forks meet is usually an "A" and "B" division, and may include 9th grade athletes. The City Championship will be by grade level, but 7th grade students may compete in the 8th grade division.

2) Participation- Middle School track athletes may participate in the high school preseason, which begins approximately four weeks prior to the middle school season. Any middle school track athlete who participates with their respective high school in the preseason is to be at the first day of middle school track practice, unless they are being advanced for the entire HS season. The coaches from the high school will determine which middle school track athletes will participate with the high school programs during the preseason. GFPS Middle School athletic philosophy dictates that all athletes who attend practice regularly should receive relatively equal opportunities to compete. Coaches can and should pull players from meets for disciplinary reasons.

3) Practices and Meets- Once the middle school track season begins, all middle school track athletes will be practicing with their middle school team and will be based out of the middle school program. However, if a middle school athlete excels at the high school level, the coaches of the middle school and high school programs will determine if it is in the best interest of the athlete to stay with the high school program rather than moving back and forth between programs. Special note: The athlete will practice with the team they will compete with the day before a meet. For example, if there is a middle school meet on Tuesday and high school meet on Thursday, the individual will practice with the middle school team on Monday and with the high school team on Wednesday. (When Possible)

4) All NDHSAA Rules apply- This will include no jewelry, e.g. earrings. These and similar items must be removed. They cannot be taped over and the athlete will not be allowed to participate (even newly pierced ears with earring posts are not allowed.) Athletes need to wear school assigned apparel to be allowed to participate in any event.

5) Officials- Each school will be assigned different responsibilities for running these meets. It is the responsibility of each school to find replacements, should the need arise. [Track Works List - Generic](#)

II. Finish Line

1. Twining (Matt Fore)
2. South (?)

III. Field Event Assignments (School in bold will be in charge of event)

Shot Put- Valley & Twining school
Discus- Schroeder, Valley & Visiting school
Long Jump- Schroeder, South & Visiting school
High Jump- South & Visiting school

IV. Meet Management Responsibilities

Starter- Schroeder (Brian Strom)
Timer - South (Randy Votava)
Clerk of Course- Valley (Dan Carlson)
Valley (Kat Puhl)
Ribbons- Schroeder (Lauren McMillan)
Public Address- Schroeder (Jeremy Cebula)

6) City Championships- A middle school track athlete who has participated with the middle school and high school programs may participate in the middle school city championships if the individual has participated in all of the middle school meets possible, which do not have a conflict with a high school meets.

7) Miscellaneous Information- Unlimited entries for all individual events. One per division per school counts in scoring for relays. Each athlete may be in no more than four events.

High Jump: Each participant will be allowed two or three attempts per height. High jump managers will determine the number of attempts based on conditions and numbers.

Recommended starting height Grade 7 & Grade 8

Boys 7th: 4' Boys 8th: 4' 4"

Girls 7th: 3' 8" Girls 8th: 3' 10"

Long Jump: Each participant will be allowed three jumps. The minimum distance required is 8'0, which is the distance to the pit. Any athlete not making the pit on any jump will not be allowed to continue.

Canceled meets will be made up according to the meet schedule if possible.

Awards: Ribbons are given to 1st through 6th place finishers in each event. Coaches should pick up the ribbons at the conclusions of the meet in the press box.

Items to bring: Coaches may want to bring clipboards, tape measures for field events, and stopwatches. Grand Forks Middle School Athletics will use a timing system for all of their home meets.

Visiting Schools: Visiting schools will be assigned an event to help with at our meets. Information regarding workers will be sent out prior to the meet.

8) Sportsmanship- Coaches need to model and enforce good sportsmanship for both athletes and fans.

Grand Forks Middle School Track Meets

Updated 2026

SCHEDULE OF EVENTS

In all running events, 7th grade will compete first, followed by 8th grade. The order will be as follows:

1. Girls 7th
2. Girls 8th
3. Boys 7th
4. Boys 8th

Running Events

1. 200 Meter Hurdles
2. Medley Relay (100, 100, 200, & 400 meter)
3. 100 Meter Dash
4. 800 Meter Relay (4x200 meter)
5. 1600 Meter Run
6. 400 Meter Dash
7. 400 Meter Relay (4x100 meter)
8. 100 Meter Hurdles
9. 800 Meter Run
10. 200 Meter Dash
11. 1600 Relay (4x400 meter)

Field Events

All field events will be called over the Public Address System. Please listen for your event.

EVENT	FIRST	SECOND	THIRD	FOURTH
Discus*	Girls 8th	Girls 7th	Boys 8th	Boys 7th
High Jump	Girls 7th	Girls 8th	Boys 7th	Boys 8th
Long Jump	Boys 7th	Boys 8th	Girls 7th	Girls 8th
Shot Put**	Boys 8th	Boys 7th	Girls 8th	Girls 7th

*Discus will be 1Kg for both boys and girls.

**Please note for the shot put we will use the 6-pound shot for girls and 4K for boys.

ALL MEETS ARE HELD AT CUSHMAN FIELD & EAST GRAND FORKS SENIOR HIGH SCHOOL