

**BSU T & F Etiquette & Procedures.**

Dear Coaches,

We would like to invite you to participate at Bemidji State University in the Track & Field meets for high schools.

We are using the HyTek program to run the meet so we are asking that you have your rosters current on the MNHSL website and we can just cut and paste from there to our program.

North Dakota Schools please send your rosters via Hy-tek to

[Herostiming@gmail.com](mailto:Herostiming@gmail.com) that will go to Ryan McCrady, results will be at [www.herostiming.com](http://www.herostiming.com)

**INDOOR**

<i>March 17</i>	<i>Speed Quest Clinic</i>	<i>1:00pm</i>	<i>Bemidji, MN Learn byDoing</i>
<i>March 24</i>	<i>Lions Invite, HS</i>	<i>1:00pm</i>	<i>Bemidj, MN HS only</i>
<i>March 27</i>	<i>Paul Bunyan</i>	<i>1:00pm</i>	<i>Bemidji, MN HS only</i>
<i>APRIL 3</i>	<i>Little Amik, HS</i>	<i>1:00pm</i>	<i>Bemidji, MN HS only</i>

**OUTDOOR**

<i>April 20</i>	<i>Beaver Relays HS</i>	<i>1:00pm</i>	<i>Bemidji, MN HS only</i>
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We will have a coaches meeting in the PE 222, the Conference Room. Packets and other info will be handed out then.

**Please keep all food and beverages out of the Recreation Center area.**

*We have just resurfaced the indoor facilities and we will monitor this.*

We will have the concession stand open in the field house area and please stress that it will be kept in that area. The John Glas field house will be your area for time camps and extra warm up.

Parking for your buses should be kept to the N-W lot by the John Glas sports arena.

AWARD--We will have an outstanding male and female competitor plaques.

Three entries per event, except the 3200--we will limit that to two entries.

ENTRY FEE--\$100.00 for boys and \$100.00 for girl's team--Make the check out to "BSU Track".

Coaches you will not have to work the meet, just coach.

Each Athlete will have a number that we will assign after we receive your roster, too many names are better than having to add before the meet. Hopefully this will speed up recording and meet management. Spikes are allowed but please limit them to 1/8", or in the recessed shoes the 1/4" needle are fine.

We are looking forward to hosting you in 2012.

Sincerely,

Craig Hougen

BSU Track & Field Coach

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[www.bsubeavers.com/mtrack/](http://www.bsubeavers.com/mtrack/)

[www.herostiming.com](http://www.herostiming.com)