

2025-26 Bismarck Tournaments

Dave Zittleman

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TO: Girls' and Boys' Track Coaches
FROM: Dave Zittleman, Meet Manager
RE: Information for the 2025 State Track Meet
DATE: May 5, 2026

The Bismarck Community Bowl will be the host site for the 2026 State Track Meet on Thurs., May 21, Fri., May 22 and Sat, May 23.

Team Registration: All coaches must pick up their team **packets** at the following times and locations:

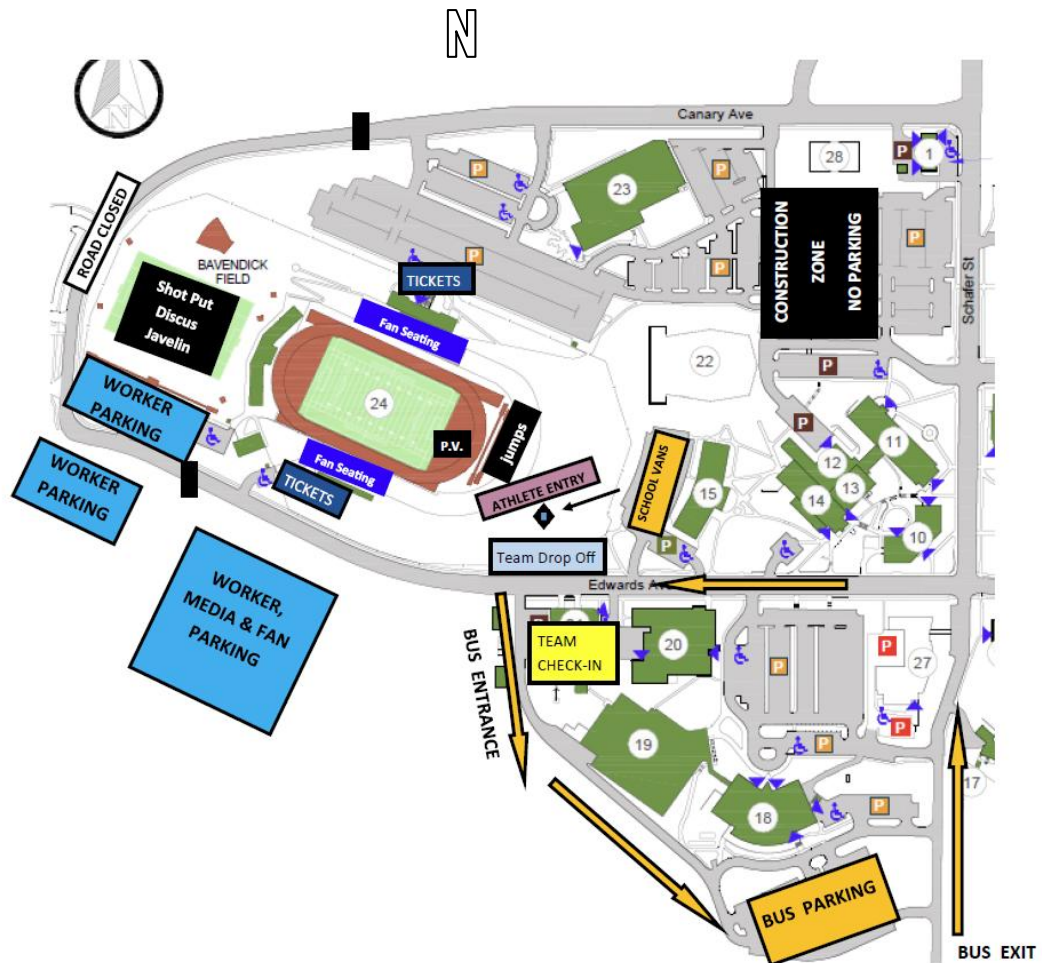
Thursday: 11:00 a.m. to 4:00 p.m. - BSC ARMORY - 1601 Edwards Ave

**Make sure you stop at Team Registration BEFORE entering the track!
Coaches/Athletes will need a pass to enter the facility.**

Friday: 7:30 a.m. to 9:30 a.m. - Lower southwest gate.

Any remaining packets may be picked up at the lower southwest ticket booth.

IT IS VERY IMPORTANT THAT YOU FOLLOW THE BELOW MAP FOR TEAM ENTRANCE/DROP OFF AND BUS PARKING



Bismarck Community Bowl: The Bismarck Community Bowl is located on the campus of Bismarck State College (west edge). Vehicles coming off of I-94 should take exit 157. Vehicles should then go onto West Divide Avenue to Shafer Street (straight ahead for vehicles coming from the west and 1 block south for vehicles coming from the east). Vehicles should continue on Shafer Street onto the campus and take a right onto Edwards Avenue to the southwest parking lot of the Bowl.

There are no dogs allowed at the Bismarck Community Bowl – unless it is a service dog.

School Parking: **Teams are asked to enter through the UPPER EAST gate at the Community Bowl.** Buses, vans, and other school vehicles may drop participants off by the UPPER EAST GATE and then **park SOUTH of the BSC Armory.**

Please review the map for parking directions

There will be no parking in the lower southwest parking lot. The upper east gate will be available for coaches and athletes to exit and re-enter. This is the gate closest to the bus parking and should be used by participants and coaches once the meet begins.

**** ALL COACHES AND PARTICIPANTS MUST HAVE THEIR PASS TO RE-ENTER. ****

Food and Beverage: Concealed **food and drink, along with coolers for the athletes** should be brought in the lower southwest or upper southeast gates and placed in the team camp area. Water and cups are also provided at the finish line and west of the locker facility. Coaches and athletes may also leave their food and beverages on their bus and will have easy access to it through the upper southeast gate (close to the camps). Based upon Bowl policy no outside food or beverages will be allowed in the MDU Resources Community Bowl **for public consumption.**

Heat/Flight Sheets: Final heat and flights will be on Athletic.net.

Participant Passes: Athletes **and coaches must have their passes for admittance to the stadium. Please inform your athletes that they need to show the ticket taker their pass even if they are in uniform.**

Practice Time: By NDHSAA rule there will be no practice allowed at the tournament site the day prior to the State Meet.

1. Open Practice will be allowed at the MDU Resources Community Bowl on Thursday, May 21 from 12:00pm to 2:55pm.
2. Teams are encouraged to practice at home, or in route to Bismarck. **There are no locations available in Bismarck**

Locker Rooms: Locker rooms will be available at the Bowl.

Coaches Meetings:

Class A Coaches Meeting - Thursday, May 21 at 2:00 p.m. in the Bismarck High Locker Room A (furthest north locker room).

Class B Coaches Meeting - Thursday, May 21 at 2:00 p.m. in the University of Mary Locker Room B (2nd furthest north locker room).

Throwing Implement Measurements: All implements must be weighed, measured, and approved prior to the start of the field events. Measurements will be done in the storage area on the south end of the locker rooms (just through the lower southwest gate) at the Bowl with the following time schedule:

Thursday - 1:00 p.m. - 3:00 p.m. – (For Thursday Event Only)

Friday - 7:30 a.m. - 9:30 a.m.

Saturday - 7:30 a.m. - 8:30 a.m.

Pole Vault Weigh-in verification forms.

All pole vaulters will weigh-in verification forms must be emailed to Kevin Morast by 4:30pm on Tuesday, May 19.

Kevin Morast kevin.morast@ndhsaa.org

Team Camps: Team camps should be set up at the upper east grass apron of the Bowl. You are also encouraged to bring tents, canopies, and blankets for your team camp. You may set up your tents and canopies on Wednesday **12:00pm-5:00pm** or Thursday, Friday and Saturday during the meet. Team camps will not be allowed in the Bowl Locker Rooms, on the football field or on the lower grass areas of the Bowl (below the concrete walkway).

Coaches Seating: An area for coaches seating will be set up on the far west section of the north grandstand. Only coaches will be allowed in this area. Student managers and other team personnel should not be in this area. **Coaches are not allowed on the track or football field during the meet.** Seating for coaches will also be available in the field event areas (one coach per school - only during the time their athlete is competing).

Marshalling Area: All races will be marshalled in the northeast corner of the football field where the bleachers are located. This area is just west of the pole vault area. Please make sure that your athletes are aware of this area and are on time for their events.

100/110 Hurdle Warm-Ups: Hurdles will be placed on the northeast side of the track for high hurdle warm-ups/starts from 1:30-1:55pm on Friday and 1:00pm -1:20pm on Saturday. We will have officials monitoring this warm-up area. Hurdles will be provided on the infield for general warm-up as well. **Only first hurdle starts will be allowed in NE corner of track.**

Athletic Trainers: Athletics Trainers will be on staff throughout the State Track Meet. The sports medicine area will be in the training room located just under the scoreboard. Each school must provide their own training materials. Each coach is responsible for bringing medical information on each athlete (i.e. - physical card that has a medical release signed by the parent in case that athlete would need emergency care).

Spikes: Only 1/4" pyramid spikes can be used on the track. No needle spikes will be allowed. Spikes will not be on sale at the stadium. Please purchase all spikes and replacement spikes prior to the meet.

Uniforms: As per rule 4-3, removal of any portion of the team uniform excluding shoes is prohibited in the following areas: the infield, the track, the area around the track and the field event areas. Competitors must be in school issued uniform to receive their award (no sunglasses, hats, etc.).

T-Shirt Sales: Tournament T-Shirts will be sold by Northwest design in the West Locker Room Area. They will be available to purchase – Thursday – 12:30pm-8:00pm, Friday – 8:00am – until end of day, and Saturday UNTIL SOLD OUT. A pre-order link will also be sent to you through NDHSAA.

Thursday, May 21 Track Schedule

12:00 PM	Track open for warm-up
1:30 PM	Officials Meeting – Locker Room C
2:00 PM	A coaches meeting – Locker Room A
2:00 PM	B coaches meeting – Locker Room B
2:45 PM	Track Closed
2:45 PM	Opening Ceremonies/ Parade of athletes
3:00 PM	National Anthem
3:30 PM	Track open for warm-up
4:10 PM	Track closed – Only Class B Girls’ – 4x200 Relay on track
4:30 PM	4 x 200 Relay – Prelim
5:15 PM	3200m Run - Final

Awards for Thursday Events

- 3:30pm Field Event awards will be handed out immediately after conclusion of event.
- 5:30pm Field event awards will be handed out at 1:30pm on Friday.
- 3200m run awards will be handed out at 1:30pm on Friday.

2026 Parade of Athletes Guidelines

- Parade of Athletes will begin at 2:45pm CT on Thursday.
- Teams can begin lining up at 2:20pm in the **center of the football field**.
- All teams will jog down the home stretch of the track East to West when announced.
- Teams will be provided a card to present to the announcer. Card will be in the team packet.
- Teams do not need to line up in alphabetical order. Once your team is organized get in line and introductions will take place in the order teams lined up.
- Balloons and items thrown into the stands will not be allowed.

Friday & Saturday warm-up time on track

- **Friday** - The track will be open from 8:00am to 10:00am for warm-up on Friday.
- **Saturday** – The track will be open from 8:00am to 10:30am on Saturday.

Additional information can be found here:

<https://ndhsaanow.com/tournaments/track-girls>

<https://ndhsaanow.com/tournaments/track-boys>

If you have any further questions, please contact me at: dave_zittleman@bismarckschools.org