

Otter Invitational
Thursday, April 9, 2026
3:00 Field Events-3:30 Track Events
Fergus Falls High School

Participating schools:

Fergus Falls, Bemidji, Detroit Lakes, Lisbon, West Central Area, Bertha-Hewitt/Verndale

Questions- contact Randy Hansen rhansen@fergusotters.org

1. **Entry Fee:** \$150 boys/ \$150 girls. \$300 for both
2. **Entries:** Unlimited entries but please be aware of the m
 - **Rosters and Entries via Athletic.net. Please enter by 8:00 pm Wednesday, April 8.**
 - Please enter a relatively accurate time, height or distance for each entry. Running events will be seeded. Shot and disc will be flighted. Entries can be added at the meet.
 - Coaches will be emailed a meet program the morning of the meet. Changes can be made at and during the meet if necessary.
3. **Spikes** - ¼” pyramid or less
4. **Field Turf Protocol-** No food, gum, sunflower seeds or sugary beverages. No team camps. Turf is for warm ups only.
5. **Scoring (NFHS Rules):**
 - Individual Events: 10, 8, 6, 4, 2, 1 (Only top 4 individuals per team score)
 - Relays: 10, 8, 6, 4, 2, 1 (Only A relay scores)
6. National Federation rules and MSHSL modifications will govern the meet.
7. Restrooms will be available in the school though door K and also in the maintenance shed north of the track.
8. Athletic Trainer will be on site.
9. **Time Schedule-** please see attached time schedule. Athletes will need to report to the clerking area at the SW corner of the track by second call to get their heat and lane assignments.
10. **Running Events:** All races will be timed finals (NO PRELIMS). Fast heats first. Athletes should report to the clerk of course by Second Call of their event to get heat and lane assignments.
11. Relay Zone Inspectors: Finalized at coaches meeting
 - 4x100
 - - Zone 1
 - -Zone 2
 - -Zone 3
 - 4x200
 - -Zone 1 & 3
 - - Zone 2

12. **Field Events:**

- Pole Vault and High Jump
 - Pole vault and high jump starting heights will be determined at the coaches meeting.
 - Suggested heights
 - BHJ: 4-10, 5-1, 5-4, then up by 2
 - GHJ: 4-0, 4-3, 4-6 then up by 2
 - BPV: 7-0, GPV: 6-0
 - High jump will use 3 alive, pole vault will use 5 alive
 - Please have athletes check out for track events and return as soon as possible to field events.
- Horizontal jump pits: Cafeteria style. Three jumps No finals. Long jump will run from 3-5:30. Triple jump warm ups will run from 5:30-6 and triple jump will start at 6:00 sharp.
 - Boys Triple Jump boards are 24', 28', 32', 36'
 - Girls Triple Jump boards are 20', 24', 28', 32'
 - Long Jump board is 8'
- Shot put and discus: Flighted 4 throws, no finals. If there are too many entries, throws may be adjusted to 3 throws, no finals.

13. **Final Results** will be emailed to coaches following the meet. Results also posted on Athletic.net. Live results will also be available during the meet.

14. **Entries:** All entries will be done via Athletic.net

Otter Invite Time Schedule

Fergus Falls, Bemidji, Detroit Lakes, Lisbon, West Central Area, Bertha-Hewitt/Verndale

Fergus Falls High School

Thursday, April 9, 2026, 3:00 Field Events- 3:30 Track Events

(Rolling Schedule; Athletes will report to the clerk of course by 2nd call)

2:30 Coaches Meeting at the Start/Finish Line
3:30 Girls 4x800m Relay
3:45 Boys 4x800m Relay
4:00 Girls 100m Hurdles
4:10 Boys 110m Hurdles
4:20 Girls 100m Dash
4:30 Boys 100m Dash
4:35 Girls 4x200m Relay
4:40 Boys 4x200m Relay
4:50 Girls 1600m Run
5:00 Boys 1600m Run
5:10 Girls 4x100m Relay
5:15 Boys 4x100m Relay
5:25 Girls 400m Dash
5:35 Boys 400m Dash
5:45 Girls 300m Hurdles
5:50 Boys 300m Hurdles
5:55 Girls 800m Run
6:05 Boys 800m Run
6:15 Girls 200m Dash
6:25 Boys 200m Dash
6:35 Boys and Girls 3200m Run
6:55 Girls 4x400m Relay
7:00 Boys 4x400m Relay

FIELD EVENTS

3:00 **Long Jump: 3 jumps- No Finals Cafeteria style**
Both Boys and Girls

6:00 **Triple Jump: 3 jumps- No Finals Cafeteria style**
Both Boys and Girls

3:00 **Discus: Flighted 4 throws- No Finals**
Girls first. Boys follow 20 minutes after girls.

3:00 **Shot Put: Flighted 4 throws- No Finals**
Boys first. Girls follow 20 minutes after boys

3:00 **Boys Pole Vault**
Girls follow 15 minutes after boys

3:00 **Girls High Jump**
Boys follow 15 minutes after girls