



NORTH HIGH SCHOOL
801 17th Avenue North
Fargo, ND 58102
701.446.2400 • FAX: 701.446.2799
www.fargo.k12.nd.us/north

Mr. Travis Christensen, *Principal* • 701.446.2404
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Dr. Amanda Quintus, *Assistant Principal* • 701.446.2406
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Mr. Daniel Shultis, *Assistant Principal/Activities Coordinator* • 701.446.2407

Mailloux Unlimited Invitational: April 28th, 2026

Site: Fargo North High (801 17th Ave. N.)
Entries Due: Monday, April 27th @ 7PM

Time: 12:45: Facility Opens to Teams
1:20: Coaches Meeting
1:30: Recognition of Seniors
2:00: Field Events Begin
3:00: Track Events Begin

Schedule of Events

Field Events

2:00 *Jumps are Cafeteria Style
Both: Triple Jump (2 runways)
Boys: HJ, Shot Put, Javelin
Girls: Discus, Pole Vault

3:30 *Jumps are Cafeteria Style
Both: Long Jump (2 runways)
Boys: Discus, Pole Vault
Girls: HJ, Shot Put, Javelin

Note for throwing events: markers will be used to mark the first throw. The marker will be moved only if subsequent throws are improvements. The best of the three throws will be measured at the end of each flight to improve efficiency.

Track Events (rolling schedule)

3:00 4x800*
300 Meter Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
110-100 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run*
4x400 Meter Relay

*Boys/Girls may be combined
Track events: Girls run first

Participating Schools

Fargo North High School

Devils Lake High School

Fargo South High School

Valley City High School

Jamestown High School

Wahpeton High School



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