

Section 2AAA True Team Track Logistics

Tuesday, May 5, 2014

Saint Thomas Academy

Parking will be available in the main parking lot. Busses may also park on Mendota Heights Road after dropping off competitors at the main stadium entrance.

Admission will be charged: \$5 Adults, \$3 Students
Concessions will be available.

Check in at the Press Box on arrival for your team packet.
Coaches' Meeting 3:00 near the finish line.

Camps are allowed anywhere outside the track. No camps on the football field.
No food on the track or football field. No liquids other than water on the track or football field.

No spikes longer than ¼", no pin spikes.

Schedule:

Formal event calls may not be made, so athletes should be prepared to report on time.

Field events

Event	Girls	Boys
Pole Vault	2:00 PM	Follows girls
High Jump	Follows boys	3:30 PM
Shot Put	3:30 PM	5:15 PM
Discus	5:15 PM	3:30 PM
Long Jump	3:30 PM	5:30 PM
Triple Jump	5:30 PM	3:30 PM

Running Events – Girls then Boys

Time	Event	Heats
3:30	4 x 800m Relay	1 each
3:55	100m/110m Hurdles	3 each
4:25	100m Dash	3 each
4:45	4 x 200m Relay	1 each
5:00	1600m Run	2 each
5:20	4 x 100m Relay	1 each
5:35	400m Dash	3 each
6:00	300m Hurdles	3 each

6:30	800m Run	2 each
6:50	200m Dash	3 each
7:10	3200m Run	1 each
7:50	4 x 400m Relay	1 each

Team Awards will be presented at 8 PM.

Results will be posted on or near the press box as they become available and announced as appropriate.

Roster:

Make sure your roster on the MSHSL website is correct by May 1. Ryan from Heroes' Timing will download the rosters, assign competitor numbers, and send them to each school before the meet.

Each school is only allowed fifty competitors for the State Meet. Please bring a copy of your roster to the meet with your top 50 indicated. It will be collected at the coaches' meeting.

Competitor Numbers

Numbers should be written legibly in blue or black marker on the right hand.

Uniforms: All uniform regulations will be enforced. Please make sure your athletes are in compliance.

Electronic devices are not allowed for competitors on or inside the track. No specific coaching boxes will be designated for the field events unless circumstances require them.

Field event procedures:

***Field event competitors who are competing in running events MUST check out from their field events with the meet official before leaving for the running event. They must check in again within 10 minutes of the conclusion of their race.**

Throws: Three flights. While coaches may place their athletes in any flight, it is recommended that the top throwers be in the last flights. Four throws, no finals.

Horizontal Jumps: Cafeteria style within the time block. Four jumps, no finals.

Vertical Jumps:

Starting heights will be finalized at the coaches' meeting. We will need to set both the starting heights and increments at the coaches meeting. Past recommended starting heights were Boys: HJ 5'0 then to 5'4 then by 2"; PV 8' up 12" to 11' then by 6"

Girls: HJ 4'0 then to 4'4 then by 2"; PV 6' up 12" to 9 then by 6"
We do NOT have the facility to move pole vault indoors.

Pole vaulters must be checked in by their coach who will provide the weight certification form.

Field event participants may not warm up without either their coach or the event official present. At the end of competition the field event areas are closed to practice.

Games Committee

The games committee will consist of members from the following schools:

Girls (Head Coaches): Tartan, Hastings, Sibley, Woodbury

Boys (Head Coaches): Park, Stillwater, Woodbury, East Ridge

The starter will be the alternate if a member of the committee is involved in the dispute.

Event worker assignments: (Student-athlete workers)

Hurdle crew: STA

Long Jump (3 student workers) Park

Triple Jump (3) Sibley

Discus (3) STA

Shot Put (3) East Ridge

High Jump (2) Hastings

Pole Vault (2) Stillwater (during girls) Tartan (during boys)

Starting Blocks (2) Woodbury

Runners –STA

Relay Exchange Zone Assignments

4x100: Zone 1 = Woodbury/Stillwater; Zone 2 = Park/Hastings; Zone 3 = Tartan/Sibley

4x200: Zone 1 & 3 = Eastridge/Park; Zone 2 = Stillwater/Woodbury