

**White Bear Lake JV Meet
Tuesday April 28, 2015**

Suburban East Conference Teams: Forest Lake, Mounds View, Stillwater, Woodbury,
White Bear Lake, Roseville, East Ridge, Cretin

Order of Events:

- 3:30 Coaches Meeting
- 3:45 p.m. Field Events
Pole Vault (Opening height determined day of meet – suggested 5’ 6”)
High Jump (Opening height determined day of meet – suggested 3’ 10”)
Triple Jump 4 jumps per entrant, cafeteria style
Long Jump 4 jumps per entrant, cafeteria style
Shot put 4 puts per entrant
Discus 4 throws per entrant
- 3:45 p.m. Running Events (standard meet format)

Entries:

This is a non-scored JV meet. Junior varsity and under only. Unlimited entries in all events, including relays.

Procedures:

1. Track athletes should check in with the clerking official (at the west end of the track near the 100 m. starting line) before their event. **All events will be FAT timed and times will be posted in the window of the press box.** The 1600 and 3200 will be timed at the finish line – times will also be read off as athletes cross the finish.
2. Field athletes need to sign in with field event judges before competition begins. **Athletes will be instructed to bring distances back to the coaches.**
3. Three schools will be assigned to throw the shot put and three schools the discus. Then the schools will rotate. Each entrant may have a total of four (4) attempts.
4. Long and Triple Jump will be run on the SEPARATE RUNWAYS in cafeteria style. Each competitor may have a total of four (4) attempts.
5. The High Jump and the Pole Vault will be run using the "3-alive" procedure.

Scoring:

No scoring

Lane Assignments:

Athletes check in with starting clerk for lane assignment. Clerk located at the west end of the track. Please instruct athletes to run fastest to slowest if known. Lanes will be rotated between events and heats.

Results:

Posted in the window of the press box.

Meet Workers:

- Long jump** – Mounds View (2)
- Triple jump** – Stillwater (2)
- High Jump** – Forest Lake (2)
- Pole Vault** – White Bear (2)
- Shot Put** – Roseville (2)
- Discus** – Woodbury (2)

Supplemental Information:

- Only coaches and athletes on the field - no parents and non - athletes.
- No tents allowed on the infield. Team camps must camp outside the football field.
- Sunflower seeds and gum are not allowed on the stadium track or field

Relay Exchange Responsibilities

- 4 x 200 (girls and boys)
 - exchange zone 1 (#'s 2 and 4) **White Bear**
 - exchange zone #3 **Stillwater**
- 4 x 100 (girls and boys)
 - exchange zone 1 **Forest Lake**
 - exchange zone 2 **MV**
 - exchange zone 3 **Woodbury**
 - Finish line exchange zone **Officials**

White Bear Lake TRACK DIMENSIONS

Exchange Zone information

4x100m Relay Exchange Zone Colors

- 1-2 Yellow to Yellow
- 2-3 Yellow to Yellow
- 3-4 Yellow to Yellow

4x200m Relay Exchange Zone Colors

- 1-2 Green to Green
- 2-3 Green to Green
- 3-4 Yellow to Yellow

4x400m Relay Exchange Zone Colors

- 1-2 Blue to Blue
- # 2 runner cuts in on the other side of track. We will explain at finish line

Hurdles go on YELLOW SLASH MARKS for 100m Hurdles

Hurdles go on WHITE SLASH MARKS for 300m Hurdles