

White Bear Lake Team Relays

April 20, 2016

3:15 Coaches meeting

3:30 Field Events Begin (4 athletes per school)

High Jump and Pole Vault - 5 alive rotation

Long and Triple Jump - 4 jumps, cafeteria style, pits close at 6:00

Shot and Discus - 4 throws, 2 athletes per flight

Cretin, East Ridge, Forest Lake, Mounds View start at shot first

Roseville, Stillwater, White Bear Lake start at discus first

3:45 Running Events Begin (rolling schedule) fastest section first

4 x 3200 Team Race (section 1) runners 1 & 2

(section 2) runners 3 & 4

4 x 110 Hurdle Team (4 sections) one hurdler per school/section

4 x 100 Team Race (4 sections) one runner per school/section

4 x 800 Team Race (4 sections) one runner per school/section

4 x 300 Hurdle Team (4 sections) one hurdler per school/section

4 x 1600 Team Race (section 1) runners 1 & 2

(section 2) runners 3 & 4

4 x 200 Team Race (4 sections) one runner per school/section

4 x 400 Team Race (4 sections) one runner per school/section

Scoring: 10 - 8 - 6 - 4 - 3 - 2 - 1

Event place is total of all 4 athletes

Awards: Ribbons to 1st - 2nd - 3rd places

Handicap times if a team has less than 4 athletes that finish a running event

100	15.0
200	30.0
400	65.0
800	2:40
1600	5:45
3200	12:30
110 hurdle	25.0
300 hurdle	55.0

Student workers should report to field events at 3:15.

Cretin high jump (2) long jump (1)

East Ridge pole vault (2) triple jump (1)

Forest Lake shot put (3)

Mounds View triple jump (3)

Roseville long jump (3)

Stillwater discus (3)

White Bear Lake hurdles (10), finish line (2), clerk (2)

