

**Roseville Girls and Boys Track and Field Invitational**  
**Tuesday, April 26, 2016**

**Girls Teams:** East Ridge, Forest Lake, Park Center, Roseville, St. Paul Central, St. Paul Harding, St. Paul Highland Park, and White Bear Lake

**Boys Teams:** East Ridge, Forest Lake, Park Center, Roseville, St. Paul Central, St. Paul Harding, and St. Paul Highland Park

**Important Start Times**

3:15pm – Coaches Meeting

3:30pm – Pole Vault and High Jump (Girls)– We would really like to start the pole vault and high jump early in order to keep the meet running along!

3:45pm – Other Field Events

4:00pm – Running Events

**Schedule of Events**

**Field Events – 3:45pm**

All athletes will get 4 attempts!

Long Jump – 4 jumps, cafeteria style, pits close @ 6:00pm

Triple Jump - 4 jumps, cafeteria style, pits close @ 6:00pm

Shot Put - 4 throws, 3 flights, 1 thrower per school per flight

Discus – 4 throws, 3 flights, 1 thrower per school per flight

High Jump – Girls first then Boys. Girls will start at 4', 4'3", 4'6", and then go up by 2 inches. Boys will start at 5', 5'3", 5'6", and then go up by 2 inches.

Pole Vault – 6', 7', 7'6", 8', etc. Boys and Girls will go all at once!

\* We will not wait for people at a height at the high jump and pole vault in order to move the meet along! Please inform athletes and coaches of this!

**Throws**

**Shot Put:** Boys followed by Girls

**Discus:** Girls followed by Boys

**Running Events – 4:00pm – Girls first then Boys**

4X800 Meter Relay (1 heat of each gender)

100 and 110 Meter High Hurdles (3 heats of each gender)

100 Meter Dash (3 heats of each gender)

4X200 Meter Relay (1 heat of each gender)

1600 Meter Run (1 heat of each gender)

4X100 Meter Relay (1 heat of each gender)

400 Meter Dash (3 heats of each gender)

300 Meter Hurdles (3 heats of each gender)

800 Meter Run (1 heat of each gender)

200 Meter Dash (3 heats of each gender)

3200 Meter Run (1 heat of each gender)

4X400 Meter Relay (1 heat of each gender)

## **Important Meet Information**

- We will have automated timing for this meet. **Please make sure your MSHSL rosters are up-to-date no later than Friday, April 17!** All competitors should have a number that they should put on their left hand. Brandon will send out competitor numbers at least one day prior to the meet.
- The meet make-up date due to weather will be Wednesday, April 27<sup>th</sup>!
- Concessions will be available.
- If there is inclement weather, athletic directors and coaches will be notified by noon on the meet day of meet cancellation.
- **3 entries per event, 1 relay team.**
- 8-lane polyurethane track.
- ¼ inch pyramid spikes only (No Pins)!
- No tape on track, non-adhesive markers only.
- School and Locker Rooms are off limits, Outside Satellite restrooms available.
- No sport drinks or gum are allowed on the artificial turf (Gatorade, Powerade, etc.)
- All team camps will be outside the track area!
- Please see the attachment for your assigned lane for each running event.
- Please send in your entry fee of \$125.00 for one team and \$250.00 for both teams, if you haven't already ASAP! Please make checks payable to Roseville High School, and send to Jeff Whisler, Athletic Director, Roseville Area High School, 1240 W. Co. Rd. B2 Roseville MN 55113.

**Scoring for the Meet:** 10-8-6-4-2-1 for all events (6 places)

## **Meet Workers**

Roseville will provide all workers for the meet!

## **Relay Exchange Duties (For Both Girls and Boys)**

### **4X200 Meter Relay**

- 1<sup>st</sup> and 3<sup>rd</sup> Exchanges – St. Paul Central, East Ridge
- 2<sup>nd</sup> Exchange – Starter

### **4X100 Meter Relay**

- 1<sup>st</sup> Exchange – White Bear Lake, St. Paul Harding
- 2<sup>nd</sup> Exchange – Roseville, St. Paul Highland Park
- 3<sup>rd</sup> Exchange – Forest Lake, Park Center

### **4X400 and 4X800 Meter Relays**

- All Exchanges – Starter

### Lane Assignments - Girls

Event	1	2	3	4	5	6	7	8
4X800 1 heat	FL	WBL	HP	ER	SPC	Hard	Rose	PC
100H 3 heats	Hard	FL	SPC	HP	ER	WBL	Rose	PC
100 3 heats	ER	HP	PC	FL	SPC	Hard	WBL	Rose
4X200 1 heat	PC	SPC	WBL	Rose	FL	HP	ER	Hard
1600 1 heat	TBD							
4X100 1 heat	HP	Rose	WBL	ER	PC	FL	Hard	SPC
400 3 heats	WBL	ER	Rose	PC	Hard	SPC	FL	HP
300H 3 heats	FL	WBL	ER	HP	Rose	PC	SPC	Hard
800 1 heat	TBD							
200 3 heats	Hard	Rose	FL	SPC	WBL	ER	PC	HP
3200 1 heat	TBD							
4X400 1 heat	Rose	FL	PC	WBL	SPC	Hard	HP	ER

**Team Key**

- ER – East Ridge
- FL – Forest Lake
- PC – Park Center
- Rose – Roseville
- SPC – St. Paul Central
- Hard – St. Paul Harding
- HP – St. Paul Highland Park
- WBL – White Bear Lake

### Lane Assignments - Boys

Event	1	2	3	4	5	6	7	8
4X800 1 heat	SPC	HP	FL	PC	Hard	Rose	ER	
100H 3 heats	Hard	ER	Rose	HP	SPC	FL	PC	
100 3 heats	SPC	Rose	Hard	FL	ER	PC		
4X200 1 heat	PC	FL	ER	HP	Rose	SPC	Hard	
1600 1 heat	TBD							
4X100 1 heat	HP	SPC	PC	Hard	FL	ER	Rose	
400 3 heats	ER	Rose	HP	SPC	PC	Hard	FL	
300H 3 heats	Hard	ER	HP	Rose	FL	PC	SPC	
800 1 heat	TBD							
200 3 heats	FL	PC	Rose	ER	HP	SPC	Hard	
3200 1 heat	TBD							
4X400 1 heat	Rose	FL	SPC	PC	Hard	ER	HP	

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