

61st Edina Invitational Track and Field Meet Friday, May 6, 2016

Meet Information **\$150 Entry per team/\$300 Entry for two teams**

Boys Teams: Bloomington Jefferson, Bloomington Kennedy, East Ridge, Eden Prairie, Edina, Minneapolis Washburn, Robbinsdale Cooper, and Stillwater.

Girls Teams: Bloomington Jefferson, Bloomington Kennedy, East Ridge, Eden Prairie, Edina, Minneapolis Washburn, Robbinsdale Cooper, and Burnsville.

Entry Limitations: Each team may enter one (1) relay team per relay event and up to THREE (3) athletes in each individual event with the following exceptions:

- 1) 600M Run where each team only gets ONE (1) entry
- 2) 1600M Run where each team gets FOUR (4) entries
- 3) 3200M run where each team gets THREE (3) entries unless there are FOUR (4) athletes that ALL meet the following standard: **10:15.00** for boys and **12:15.00** for girls.

Although there are unlimited entries for the JV 1600s, please use your best judgment with these athletes as we have 8 teams of each gender and will only run one section of each. You will NOT be entering your JV 1600 Meter athletes, and you will have to time them yourselves.

Entry Process: Entries will be handled by raceberryjam.com. Please go to the website, click on “Outdoor Track”, go to “Schedule” and find the link after :“To enter Minnesota high school meets online, [click here](#)”.

You will need a username and password to utilize this entry process – please make sure you have one ahead of time, it may take up to 24 hours to process!

Entries are due by 11:59pm Tuesday, May 3.

Relay Cards: Relay cards will be given to you at the coaches’ meeting – please fill them out and have one of your relay team members return it to the clerk by check-in. Our announcer will use them to give your athletes some recognition!

Meet Timing: Apple Raceberry JaM will be timing the meet using FAT.

Meet Scoring: The meet will be scored 10-8-6-5-4-3-2-1.

Results: Results will be available next to the press box during the meet and will be posted on raceberryjam.com.

Coaches Meeting: Please report to the clerking tent on the north end of the field for a brief coaches’ meeting at **2:45pm**.

Scratch/Adds: A **very limited** number of running event scratch/adds will be allowed on meet day – **DO NOT** plan on making many changes when you show up to the meet – it creates havoc with the already busy timing crew. If you have a few changes, bring the **Scratch Add Sheet** to the Coaches Meeting at 2:45pm in the clerking tent. Substitutions will be made, but heats/sections will not be re-drawn.

Field event changes will be made at the event areas – you do not need to make those changes in the clerking tent.

Awards:

Edina Invitational Champion T-shirts will be awarded to the winners of each individual event and all 4 members of winning relay teams. Have your athletes pick them up in the press box AFTER official results are announced. In addition, the Boy's 4x400M Relay Champion will be awarded the Ed Hendrickson traveling trophy.

Team Camps:

All team camps will be outside the track fence on the north end of the track. The city gym in the community center and the South View Middle School gym will also be available in case of inclement weather.

Meet Schedule:

We will follow the meet schedule below with the exception of poor weather in which case we will attempt to move ahead. **Long and Triple Jump periods will be adhered to and the Girls Pole Vault and Boys High Jump will start at 3:30 sharp (get your warm-ups, run-throughs, etc. done ahead of time)!**

While we will be following the meet schedule, please remind your athletes to listen for the calls for each event. For running events, they will need to check in with the clerk at the tent on the north end of the infield. Field event athletes are to check in at their event area before the scheduled start time.

Running Events:

3:00	National Anthem		
3:10	Girls JV 1600 M Run	(Unlimited Entries)	1 section, <i>time your own athletes</i>
3:20	Boys JV 1600 M Run	(Unlimited Entries)	1 section, <i>time your own athletes</i>
3:30	Girls 4 x 800 Relay	(1 Entry per School)	1 section
3:45	Boys 4 x 800 Relay	(1 Entry per School)	1 section
4:00	Girls 100 M Hurdles	(3 Entries per School)	3 seeded sections
4:10	Boys 110 M Hurdles	(3 Entries per School)	3 seeded sections
4:20	Girls 100 M Dash	(3 Entries per School)	3 seeded sections
4:30	Boys 100 M Dash	(3 Entries per School)	3 seeded sections
4:45	Girls 4 x 200 M Relay	(1 Entry per School)	1 section
4:50	Boys 4 x 200 M Relay	(1 Entry per School)	1 section
4:55	Girls 1600 M Run	(4 Entries per School)	2 sections
5:10	Boys 1600 M Run	(4 Entries per School)	2 sections
5:25	Girls 4 x 100 M Relay	(1 Entry per School)	1 section
5:30	Boys 4 x 100 M Relay	(1 Entry per School)	1 section
5:35	Girls 400 M Dash	(3 Entries per School)	3 seeded sections
5:45	Boys 400 M Dash	(3 Entries per School)	3 seeded sections
5:55	Girls 600 M Dash	(1 Entry per School)	1 section
6:00	Boys 600 M Dash	(1 Entry per School)	1 section
6:10	Girls 300 M Hurdles	(3 Entries per School)	3 seeded sections
6:20	Boys 300 M Hurdles	(3 Entries per School)	3 seeded sections
6:35	Girls 800 M Run	(3 Entries per School)	2 seeded sections
6:45	Boys 800 M Run	(3 Entries per School)	2 seeded sections
6:55	Girls 200 M Dash	(3 Entries per School)	3 seeded sections
7:05	Boys 200 M Dash	(3 Entries per School)	3 seeded sections
7:15	Girls 3200 M Run	(3 Entries per School)	1 section
7:30	Boys 3200 M Run	(3 Entries per School)	1 section
7:45	Girls 4 x 400 M Relay	(1 Entry per School)	1 section
7:55	Ed Hendrickson Boys 4 x 400 M Relay	(1 Entry per School)	1 section

Field Events:

A reminder that Long and Triple Jump periods will be adhered to and the Girls Pole Vault and Boys High Jump will start at 3:30 sharp (get your warm-ups, run-throughs, etc done ahead of time)!

There will be a minimum of 15 minutes between the High Jump and Pole Vault competitions so that the second gender will have ample warm-up time.

Session I:

3:30-5:15	Boys Long Jump	(3 Entries per School)	4 Jumps, No Finals
3:30-5:15	Girls Triple Jump	(3 Entries per School)	4 Jumps, No Finals
3:30	Girls Pole Vault	(3 Entries per School)	Starting Height TBD
3:30	Boys High Jump	(3 Entries per School)	Starting Height TBD
3:30	Boys Shot Put	(3 Entries per School)	3 prelim throws (<i>9 athletes to finals for 3 more</i>)
3:30	Girls Discus	(3 Entries per School)	3 prelim throws (<i>9 athletes to finals for 3 more</i>)

Session II:

5:30-7:15	Boys Triple Jump	(3 Entries per School)	4 Jumps, No Finals
5:30-7:15	Girls Long Jump	(3 Entries per School)	4 Jumps, No Finals
5:30 (approximate)	Girls High Jump (follows Boys)	(3 Entries per School)	Starting Height TBD
5:30 (approximate)	Boys Pole Vault (follows Girls)	(3 Entries per School)	Starting Height TBD (<i>go up by 1 ft until 10'</i>)
5:30 (approximate)	Boys Discus	(3 Entries per School)	3 prelim throws (<i>9 athletes to finals for 3 more</i>)
5:30 (approximate)	Girls Shot Put	(3 Entries per School)	3 prelim throws (<i>9 athletes to finals for 3 more</i>)