

## 2016 SUBURBAN EAST CONFERENCE TRACK AND FIELD MEET

To: Suburban East Track and Field Coaches

From: Jack Mayeron, Dick Riter and Bob Stewart  
2016 Conference Meet Managers

Meet Dates: Prelims: May 24, 2016      Finals: May 26, 2016

Location: East Ridge High School

Here are the detailed procedures we will follow for this year's Suburban East Conference Track and Field Championships. Please review the information carefully as there are a few changes from last year as directed by the coaches at the annual meeting held last November.

### ENTRY PROCEDURE:

- **ENTRIES WILL BE SUBMITTED USING THE RACEBERRY ONLINE REGISTRATION SYSTEM AS FOLLOWS:**
  - Go to the following website: [www.raceberryjam.com](http://www.raceberryjam.com)
  - Click on Outdoor Track
  - Find the Suburban East Conference Meet in Upcoming Events
  - Establish a Password for yourself if you do not already have one
  - Enter your athletes as directed
- **ALL ENTRIES WILL BE DUE BY NOON ON SUNDAY, MAY 22<sup>th</sup>**
- **BE SURE TO BEGIN THE PROCESS (ESTABLISH A PASSWORD) SEVERAL DAYS BEFORE THE DEADLINE. IT WILL TAKE AT LEAST ONE DAY FOR THE RACEBERRY PASSWORD TO BE ACTIVE.** Should you have questions regarding entry submission please contact Josh Gerber at 612-849-0713

### SCRATCH / ADD PROCEDURE:

- **Prelim Day Tuesday, May 24<sup>th</sup>:** Unlimited scratch/add until **7:00 p.m. Monday, May 23<sup>rd</sup>** – email changes to: [josh@wayzataresults.com](mailto:josh@wayzataresults.com) (**Note 3200 final will be Tues.**)
  - No adds for Prelims after 7:00 p.m. Monday – Scratches only
  - **Finals Day Thursday, May 26<sup>nd</sup>:** unlimited scratch/adds until **7:00 p.m. Wednesday May 25<sup>th</sup>** – email changes to: [josh@wayzataresults.com](mailto:josh@wayzataresults.com)
  - No adds after 7:00 p.m. Wednesday May 25<sup>st</sup> – Scratches only
  - **Scratch/add requests should be in the following format:**
    - Event \_\_\_\_\_ Gender \_\_\_\_\_
    - Scratched Athlete Name \_\_\_\_\_ Seed Mark \_\_\_\_\_
    - Added Athlete Name \_\_\_\_\_ Seed Mark \_\_\_\_\_
  - **Scratches on Tuesday May 24<sup>th</sup> and Thursday May 26<sup>th</sup> may result in open lanes**
- Note: Heat sheets will be sent out by email Tuesday and Thursday mornings.**

## MEET FORMAT:

**Four entries per school** with the addition of petitioned athletes expanding the field to 45 athletes. Coaches will submit entries using the online entry method. The top four entries from each team will automatically be seeded to the meet. **Additional entries beyond the top four will be considered petitioned entries** and will be seeded to the meet as space permits based on seed performances submitted. Coaches will be notified of the status of petitioned and their other entries by noon, Monday, May 23<sup>rd</sup>

- **Hurdles, 100, 200, and 400** will run preliminaries with 5 heats; heat winners and next four fastest times will advance to the finals.  
The **800** preliminaries will be run in four heats of three alleys with four runners per alley. Top 2 in each heat and next four fastest times will advance to the finals.  
The **1600** and **3200** will be run in two final sections for each gender and will start from three alleys.
- **Relays** will all be run in one final section
- An attempt will be made to place no more than two runners from each school in a preliminary heat. All finals will follow usual seeding format.
- **Shot put** and **Discus** will be contested in four seeded flights. Competitors will be given 15 minutes to warm up between flights. Finals will follow after a 15 minute warm up period
- **Horizontal** jumps will be contested in **two seeded flights**; the best 20 seed marks will compete in the 2<sup>nd</sup> flight. Competition will be cafeteria style within flights. Flight one will be given 85 minutes to complete preliminary jumps and flight two will be given 70 minutes. There will be a 15 minute warm-up period between flights. Finals will follow after 15 minutes of warm-up. **Preliminary flights will be held to a firm time schedule which will be posted prior to the beginning of competition.**

### TUESDAY LJ AND TJ TIME SCHEDULE

**Flight 1** 2:45 – 4:10  
**Flight 2** 4:25 – 5:35

**Finals** 5:50

### THURSDAY LJ AND TJ TIME SCHEDULE

**Flight 1** 4:00 – 5:25  
**Flight 2** 5:40 - 7:05

**Finals** 7:20

- **High Jump** and **Pole Vault** will be contested using 3 alive – Opening Heights will be determined after all entries are submitted. Coaches have recommended that the High Jump and Pole Vault open at a height chosen to give a majority of the competitors an opportunity to clear the starting height.

### SCORING

- Individual Events: 12-10-8-6-5-4-3-2-1
- Relays: 18-15-12-9-6-4-3-2-1

### WHEELCHAIR COMPETITORS

- Wheelchair field event competitors will be assigned to a flight but will not be competing against able bodied competitors
- Wheelchair competitors in running events, if more than one of the same gender, will compete in a separate section on Thursday. If only one competitor is entered in a track event he/she will be assigned to a heat on preliminary day; that race is considered a final. This may require us to add a heat in that event to accommodate the requirement to separate that athlete from the field by leaving one lane open between the able bodied competitors

## **FACILITY**

- **General warm-ups are to be conducted outside the track on the field west of the athletes' gate. Once athletes are clerked-in, they will be allowed to continue their warm-ups on the infield in a flagged, designated area.**
- Spikes may not be longer than ¼" pyramid type only; needle and Christmas tree spikes will not be permitted.
- Tape or ½ tennis balls may be used to mark runways and relay exchanges; teams will need to bring their own.
- In case of inclement weather the high jump will be moved indoors to the gym. Pole Vault competition will be rescheduled to the following day since no indoor facilities are available at East Ridge and coaches have determined that all competition should be at the same venue.

## **STUDENT WORKERS:**

Each school will be responsible to provide 3 student workers as follows (schools assigned to hurdle setting will each provide 5 student workers):

Woodbury – Triple Jump      Forest Lake – Pole Vault      Roseville – Long Jump  
Cretin DH – Shot Put      Park – Discus  
East Ridge – Blocks      Mounds View – Runners 3 & high jump 2  
Stillwater **(5)** – Hurdles      White Bear **(5)** – Hurdles

**COACHES: HAVE STUDENT WORKERS REPORT DURING THE COACHES MEETING – THERE WILL BE A CHECK-IN TABLE ADJACENT TO THE COACHES MEETING AREA WHERE THEY WILL BE GIVEN ASSIGNMENTS, INSTRUCTIONS AND NAME TAGS**

**RELAY EXCHANGE ZONE ASSIGNMENTS - ONE JUDGE PER SCHOOL  
(ALL ASSIGNMENTS FOR BOTH BOYS AND GIRLS EVENTS)**

### **4x 200 Meter Relay**

**(First and Last Exchange – Out – Umpires will cover in)**

Lanes 1, 2 & 3      Forest Lake  
Lanes 4 & 5      Roseville  
Lanes 6 & 7      White Bear Lake  
Lane 8 & 9      Woodbury

**(Second Exchange – Out - Umpires will cover in)**

Lanes 1, 2 & 3      Umpire  
Lanes 4 & 5      Stillwater  
Lanes 6 & 7      Cretin Derham Hall  
Lane 8 & 9      Mounds View

### **4 X 100 Meter Relay**

**(First Exchange – In and Out)**

Lanes 1, 2 & 3      Forest Lake  
Lanes 4, 5 & 6      Roseville  
Lanes 7, 8 & 9      White Bear Lake

**(Second Exchange Out - Umpires will cover in)**

**Lanes 1, 2 & 3 East Ridge**

**Lanes 4, 5 & 6 Stillwater**

**Lanes 7,8 & 9 Cretin Durham Hall**

**(Third Exchange Out - Umpires will cover in)**

**Lanes 1, 2 & 3 Woodbury**

**Lanes 4, 5 & 6 Park**

**Lanes 7, 8 & 9 Mounds View**

**4 X 800 Meter Relay and 4 X 400 Meter Relay**

**All exchanges will be handled by starters, finish line personnel and referee**

**UNIFORM RULE: The MSHL rules regarding uniforms will be enforced. Coaches have requested that the clerk of course and field event judges monitor athletes for compliance prior to competition.**

**COMPETITORS MAY NOT HAVE ELECTRONIC DEVICES IN THE COMPETITION AREA**

**JURY OF APPEALS:**

**GIRLS:**

**MOUNDS VIEW**

**ROSEVILLE**

**CRETIN DURHAM HALL**

**BOYS:**

**WHITE BEAR LAKE**

**STILLWATER**

**PARK**