

Hopkins Girls JV Tri Meet

Thursday, April 23rd, 2026 @ 4:00pm @ Hopkins High School Track

Teams: Wayzata / Minnetonka / Hopkins

1. 1/4" Pyramid Spikes are allowed on the track and in the activity center.
No spikes anywhere outside the activity center.
2. No concessions available.
3. Unlimited entries - follow MSHSL limits per individual.
4. Hopkins will staff all events.

Order of Events: (Running events will start at 4:00)

100/110 Hurdles
100 Dash
1600 Run
4 x 100 Relay
400 Dash
300 Hurdles
800 Run
200 Dash
3200 Run
4 X 400 Relay

* Running events will be the *fastest heat first*

Field Events: (Field events will start at 4:00)

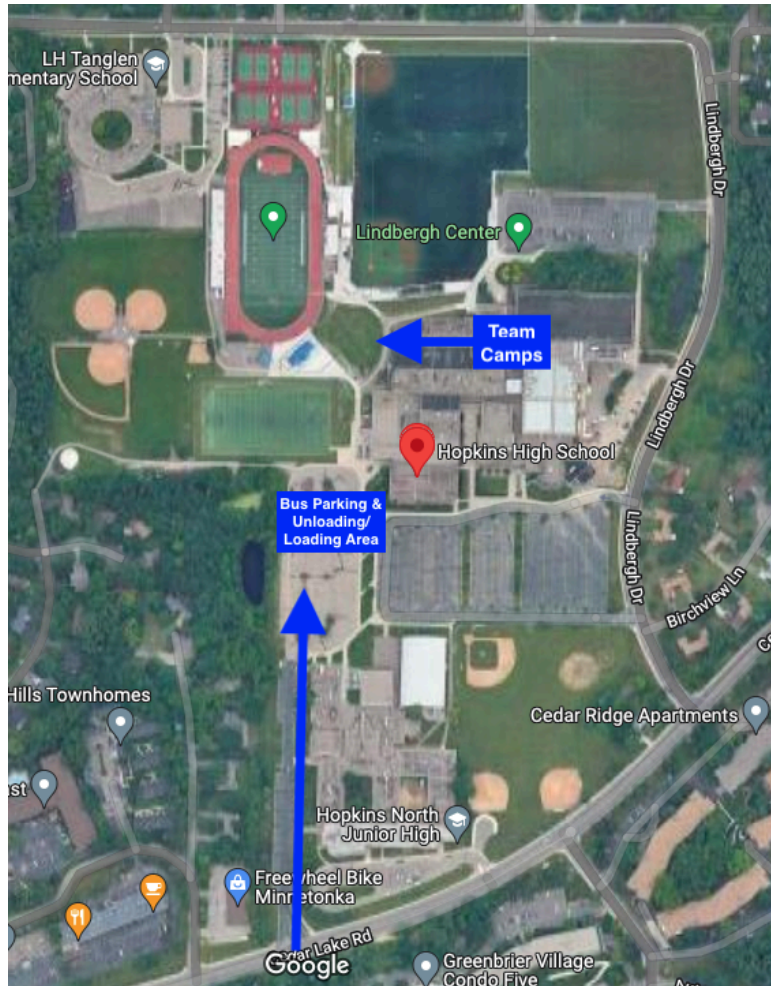
Girls Shot and Discus (cafeteria style - 4 throws each)
Girls Pole Vault
Girls High Jump
Girls Triple Jump (4:00-5:45; cafeteria style - 4 jumps each)
Girls Long Jump (4:00-5:45; cafeteria style - 4 jumps each)

High Jump Starting Height: Girls-3'10" up 2" each attempt

Pole Vault Starting Height: Girls-6'0" up 1" first attempt then 6".

Scoring (3 teams) - Individual events 5-3-2-1; Relays 5-3

Entries: Please enter your line up in athletic.net by Wednesday, 4/23 at 5:00pm



Team Camps:

Team camps will be located outside the South East corner of the stadium, under the High Ropes Challenge Course. You may stake tents here.

Team Buses arriving before 2:30p will need to drop off in the bus lot off Cedar Lake Road, North Junior High. Buses MUST exit this lot after drop off.

Team Buses arriving after 3:00p can use the Tanglen Elementary lot next to the track. All buses can be relocated to here after 3:30p for loading and departure after the meet.

Warm Up Area:

Athletes may warm up on the Campus of Hopkins High School. Additionally, they are welcome to warm up on the back third of the infield--closest to the backstretch.

Please help us keep the front third of the infield--closest to the homestretch clear of athletes.

Garbage bags are included in your team packets for your convenience when packing up your team camp at the end of the meet.