

# GOPHER CLASSIC INDOOR TRACK & FIELD MEET

Presented by: University of Minnesota Men's & Women's Track & Field

Friday, March 21 & Saturday, March 22

	GIRLS TEAMS	BOYS TEAMS
<p><b>Session I</b> Friday, March 21 3:30 – 8:00</p>	<p>Buffalo Minnetonka Two Rivers Bloomington Kennedy Blaine Prior Lake Mpls. Southwest Farmington Bloomington Jefferson Rochester Century Apple Valley Spring Lake Park St. Anthony Village East Ridge Shakopee Mounds View Roseville Area Cambridge-Isanti Stillwater</p>	<p>Buffalo Minnetonka Two Rivers Bloomington Kennedy Blaine Prior Lake Mpls. Southwest Farmington Bloomington Jefferson Rochester Century Apple Valley Spring Lake Park St. Anthony Village East Ridge Shakopee</p>
<p><b>Session II</b> Saturday, March 22 9:00 – 1:00</p>	<p>Minneapolis Washburn St. Paul Highland Park Minnehaha Academy Chaska Mpls. Edison St. Paul Humboldt St. Louis Park South Ridge Eden Prairie Pine Island New Richmond, WI</p>	<p>Minneapolis Washburn St. Paul Highland Park Minnehaha Academy Chaska Mpls. Edison St. Paul Humboldt St. Louis Park South Ridge Eden Prairie Pine Island New Richmond, WI Cambridge-Isanti</p>
<p><b>Session III</b> Saturday, March 22 2:00 – 6:00</p>	<p>St. Paul Washington Tech St. Paul Harding Rockford Columbia Heights St. Paul Central Burnsville Howard Lake Waverly-Winsted Parnassus Prep Lanesboro/FC/MC</p>	<p>St. Paul Washington Tech St. Paul Harding Rockford Columbia Heights St. Paul Central Burnsville Howard Lake Waverly-Winsted Parnassus Prep Lanesboro/FC/MC</p>

## **Field Events: Please bring indoor implements!**

Shot Put & Discus	Girls – Shot Put, switch to Discus net for half the allotted time. UNLIMITED THROWS Boys – Discus net, switch to Shot Put for half the allotted time. UNLIMITED THROWS Thirty-minute warm-up period during switch over.
Long/Triple Jump	Long Jump – both genders jump simultaneously for half the allotted time. UNLIMITED JUMPS Triple Jump – both genders jump simultaneously for half the allotted time. UNLIMITED JUMPS Thirty-minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height with 2” increments. Half the allotted time. Boys – 5 ft. opening height with 2” increments. Follow girls (20 min. warm-up)
Pole Vault	Boys – 8 ft. opening height with 6” increments. Half the allotted time. Girls – 6 ft. opening height with 6” increments. Follow boys (20 min. warm-up)

**Running Events: Each session will be on a rolling time schedule.** Please advise your athletes to report to the clerk on the **first call**. All events will be Girls followed by Boys.

<b>4x800 Relay</b>	one/two section(s)	<b>1600m Run</b>	one/two section(s)
<b>60m High Hurdles</b>	two/three sections (9 lanes)	<b>400m Dash</b>	three/four sections (no blocks)
<b>60m Dash</b>	two/tree sections (9 lanes)	<b>800m Run</b>	two/three sections
<b>4 x 200 Relay</b>	one/two section(s)	<b>JV 1600</b>	one section (3 entries/team)
<b>JV 4 x 200 Relay</b>	one/two section(s)	<b>4x400</b>	one/two section(s)

## **G O P H E R   C L A S S I C   I N D O O R   T R A C K   &   F I E L D   M E E T**

### **General Information**

#### **Coaches:**

With each session, please arrive one hour before your competition begins and enter the Fieldhouse along University Avenue. Proceed to the east end (turf) of the Fieldhouse and set up your camps along the outside walls to allow for warm-up on the inside. Please, no gum, sunflower seeds or other foods are permitted on the turf. Please advise your parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing the shot put and pole vault. Fans will not be allowed on the turf area or along the north wall. Coaches will meet 30 minutes before each session.

\*Please note that Session I will begin at 3:30. This is a change due to a higher number of teams.

Each team is permitted (3) entries/individual event and (1) relay. For safety purposes, the JV mile will be limited to (3) entries. Please do not send entries!

**A reminder that this is a time trial and by MSHSL rule, no school issued uniforms are permitted and it will be hand held time.** Please encourage your athletes to wear clothing which identifies your school so our fans and officials will recognize the competitors. All fans are admitted free!

Athletes must report at **first call** for their event to the bleachers marked “Race Instructions”. For all events requiring more than one section, the fast section shall run first. Athletes will be clerked as Section 1, 2, 3, 4, 5 or 6. Please advise your athletes in advance of the section they should run.

Athletes are not allowed to use **any** electronics within the area of competition! All electronic devices must stay at your team camp or in the bleachers. All types of watches are legal.

Each athlete will receive a hand-held time. Coaches are responsible for getting times from their athletes. The varsity and JV 1600 split and final times will be read at the finish and coaches will be responsible for timing their own athletes. Please help with counting laps for your athletes.

A warm-up time will be allotted 30 minutes prior to each session. **For liability reasons and per MSHSL rule, please** make sure a coach is present at the field event areas during warm-ups. Helmets are required during warm-ups and competition at the pole vault.

Track surface is Beynon 2000; ¼" inch pyramid spikes are allowable.

All fair marks in the jumps and throws will be measured and announced. Coaches are responsible for getting performance data from their athletes.

Concessions (voted best hot dog in the Big Ten), t-shirts and special wrist bands will be on sale in the lobby.

---