

*The Baker Chiropractic Wildcat*  
*Track and Field Classic*  
**Tuesday, April 23, 2019**  
Presented by Baker Chiropractic,  
and Run-N-Fun



### **2019 Teams**

**Girls:** EHS, Apple Valley, Cretin-Derham Hall, Lakeville South, Woodbury and St. Paul-Johnson.

**Boys:** EHS, Apple Valley, Cretin-Derham Hall, Woodbury and St. Paul-Johnson.

**Entrant Limits:** Each school may enter up to 4 athletes per individual event.

**Entry Fee:** The entry for this meet is \$200.00 per school (\$100.00 per gender.) Please arrange to have the payment sent to the Eagan High School Athletic Office, 4185 Braddock, Eagan, MN 55123 (att: Rob Graham) by April 19<sup>th</sup>.

**Meet Entrants:** **New this year, meet entries will be through Josh Gerber's Wayzata Results/Direct Athletics site.** You should have received invites for meet entries, if not please contact Rob Graham. **Final entries are due on Saturday, April 20<sup>th</sup> at 7:00 p.m..** We will prepare heat/flight sheet and post them on the Eagan High School Track website by 7:00 pm on **Sunday, April 21<sup>st</sup>** You will find the website by googling "Eagan High School," Then, simply navigate to the "athletics button" then to the "track button," or use <http://www.eaganhs.portal.rschoolday.com/page/2950>. Again, **Sunday, April 21<sup>st</sup>**, all information will be in place.

**Scratches and Adds may be made on Monday, April 22<sup>nd</sup> via e-mail. Scratch/Adds must be submitted by 7:00 p.m. on Monday, April 22<sup>nd</sup>**

**There will be scratches only on the Day of the Meet. If odd circumstances arise, please contact Rob Graham at the email address listed above.**

Important Points:

1. Coaches are asked to come up to the press box immediately upon arriving at the stadium. Meet Packets may be picked up there at that time.
2. All team camps are to be outside the track area. Please clean up after yourselves!! We will open the "Student Commons" for inclement weather, should it arise.
3. Instruct your athletes to listen to the P.A. announcer and to the calls given for each event. We will adhere to the time schedule unless inclement weather necessitates moving ahead of schedule. Instruct your athletes to report to the North end zone staging area upon hearing the first call for their running event. Field Event Scratches and check-ins are done at the event area.
4. We will use fully automatic timing for this meet. Results will be posted after each event. Electronic copies of the final meet results will be available for coaches immediately following the last event. Additional copies of meet results can be obtained at or <http://www.eaganhs.portal.rschoolday.com/page/2950>. Results will be posted in/outside of the press box windows or other suitable location shortly after each event is finished. Coaches and athletes can check for official results there.
5. The Eagan Track and Field Boosters will be hosting a concession stand. Please inform your athletes and parents. Admission to meet is \$7.00/Adult and \$5.00/Student.
6. We will award Team Trophies for Boys and Girls Team Champions and Running and Field Event Athletes of the Meet immediately after the last event.
7. Meet Scoring: Boys Meet: 5 teams: 8-6-4-2-1 for individual and 8-6-4-2 for relays  
Girls Meet: 6 teams: 10-8-6-4-2-1 for individual 10-8-6-4-2 for relays

8. Only meet workers allowed in the press box, after the start of the meet.

9. Relay Exchange Zones Judging (Please have a coach at the relay zone to assist the athletes and to judge the exchanges.

|          |         |                |
|----------|---------|----------------|
| 4 x 100m | Zone #1 | Apple Valley   |
|          | Zone #2 | Eagan          |
|          | Zone #3 | Woodbury, LSHS |

|          |                |                  |
|----------|----------------|------------------|
| 4 x 200m | Zone #1 and #3 | C-DH             |
|          | Zone #2        | St. Paul-Johnson |

10. Exchange Zone Colors:

4 x 200 Red/Red/Yellow

4 x 100 All Yellow

4 x 400 1<sup>st</sup> Runner Green/2<sup>nd</sup> Runner cuts at break line

### Field Events Schedule

3:30 - Discus - Girls (4 athletes per school, 4 throws with no Finals)

Shot Put - Boys (4 athletes per school, 4 throws with no Finals)

3:30 Pole Vault - Girls (4 athletes per school; starting height to be determined at PV Area)

3:30 Long Jump - Girls (4 athletes per school; Cafeteria Style-4 jumps no finals)

Triple Jump - Boys (4 athletes per school; Cafeteria Style-4 jumps no finals)

High Jump - Boys (4 athletes per school), starting height determined at HJ Area. We now have 2 pits.

3:30 High Jump - Girls (4 athletes per school), starting height determined at HJ Area. We now have 2 pits.

5:30 Discus - Boys (4 athletes per school, 4 throws with no Finals)

Shot Put - Girls (4 athletes per school, 4 throws with no Finals)

5:45 Pole Vault - Boys (4 athletes per school; starting height to be determined at PV Area)

5:15 Long Jump - Boys (4 athletes per school; Cafeteria Style-4 jumps no finals)

Triple Jump - Girls (4 athletes per school; Cafeteria Style-4 jumps no finals)

### Field Event Notes:

1. Long Jump and Triple Jump periods will be strictly adhered to. Please make sure to instruct your athletes to make sure they get their jumps in.
2. We will use a 10 min. rule for excusing athletes from field events to running events. Athletes who need to leave for running events are required to check out with the field event, who will note the check out time on the clipboard. If the athlete does not return within 10 minutes and all remaining jumpers have cleared the height, the bar will be raised.
3. There will be no Finals in shot put or discus. Athletes will be allowed 4 throws.
4. Girls Long Jump/Boys Triple Jump must complete their 4 jumps from 3:30- 5:00. Boys Long Jump/Girls Triple Jump must complete their 4 jumps from 5:15- 6:45.

## Running Event Schedule (4 athletes and 1 Varsity Team in the Relays per school.)

### 3:15 Coaches Meeting @ Concession Stand

3:30 4 x 800m Relay - Girls (1 Section)

3:45 4 x 800m Relay - Boys (1 Section)

4:00 100m Hurdles - Girls (3 sections - timed finals)

4:15 110m Hurdles - Boys (3 sections - timed finals)

4:30 100m Dash - Girls (3 sections - timed finals)

4:40 100m Dash - Boys (3 sections - timed finals)

4:50 4 x 200m Relay - Girls (1 Section)

5:00 4 x 200m Relay - Boys (1 Section)

5:05 1600m Run - Girls (1 Section)

5:15 1600m Run - Boys (1 Section)

5:30 4 x 100m Relay - Girls (1 Section)

5:35 4 x 100m Relay - Boys (1 Section)

5:40 400m Dash - Girls (3 Sections - timed finals)

5:50 400m Dash - Boys (3 Sections - timed finals)

6:00 300m. Hurdles - Girls (3 Sections - timed finals)

6:10 300m. Hurdles - Boys (3 Sections - timed finals)

6:20 800m Run - Girls (2 Sections)

6:30 800m Run - Boys (2 Sections)

6:40 200m. Dash - Girls (3 Sections - timed finals)

6:50 200m. Dash - Boys (3 Sections - timed finals)

7:00 3200m Run (1 Section - 4 athletes per school)

7:20 3200m Run (1 Section - 4 athletes per school)

7:40 4 x 400m Relay - Girls (1 Section)

7:50 4 x 400m Relay - Boys (1 Section)

**All entries are due by 7:00pm on Saturday, April 20<sup>th</sup>. All entries must be submitted through the Wayzata Results/Direct Athletics website.**

Awards: T-shirts awarded to places 1-2 in individual events and places 1-2 in relay events. Plaques awarded to field event and running event athletes of the meet. Athletes should pick up their 1<sup>st</sup>/2<sup>nd</sup> place shirts at the award shirt kiosk located near the press box. Entry Fee: \$100 per gender or \$200.00 per school.

Questions: Please call Rob Graham at 651.683.6940 (school) or 651.322.1224 (home,) or 651.707.7787 (cell) E-address: [rob.graham@district196.org](mailto:rob.graham@district196.org).