



Eagan Track & Field

5.13.19

Teams: Apple Valley, Eagan, Eastview, Farmington and Rosemount

Gender: SSC East Girls JV Championships

Start Time: 3:45, running and field events

Weather: If inclement weather, a decision will be made by 1:00 regarding hosting the meet. Coaches email will be the first communication option used.

Entries: Unlimited, with 12-15 athlete limit in 100m and 200m.. Unlimited relays. Fastest relay will be scored

Admission: Free ☺

Concession Stand: Sorry...not today

3:45-5:00 Session I/5:20-6:35 Session II

* long & triple jump will be cafeteria styles, 3-4 jumps, no finals

✓ Long Jump: Girls-Session I

✓ Triple Jump: Girls-Session II

✓ As Session time closes, LJ/TJ Staff has been instructed to move any athletes who have not taken their 3rd jumps ahead of those waiting to take their 4th jump.

* high jump (1 pits; start time is 3:45)

* pole vault opening height 5'0" + 6" increments

* girls shot-I ; girls discus-II

Order of Events & Rough Time Schedule

3:45 4X800

4:00 100H/110H (help w/ setting hurdles is appreciated!)

4:15 100

4:40 4x200 –EV at #1 (red to red) and #3 (gold to gold), Apple Valley at #2 (red to red)

4:50 1600

5:00 4x100 (all exchanges gold to gold.) FHS at #1, Apple Valley at #2 and Rosemount at #3.

5:20 400

5:30 300H (help w/ setting hurdles is appreciated!)

5:40 800

5:50 200

6:10 3200

6:20 4x400

FAT: We will attempt to use our FAT system to time the JV athletes. **Please make sure they have their competitor numbers written on their hands prior to the meet and instruct them to stay in lanes for sprints and order of finish for distance races. All athletes must check in at the white tent prior to competition to be placed in a lane. Athletes who fail to check in prior to their event will not be allowed to compete.**