



Big 9 Track & Field Conference Meet 2026

Date: Thursday, May 21, 2026

Rain Date is Friday, May 22rd.

- Coaches meeting May 17th, 7:30pm via google meet.

Location: [Century High School](#)

2525 Viola Rd NE
Rochester, MN 55906

Entries:

- Entries must be submitted by 11:27am on Wednesday, May 20th.
 - [Athletic.net](#)
- Each team is allowed 3 individual entries and 1 relay per event.
- Any scratches will follow the Big 9 protocol and can be made the morning of the meet at the coaches meeting.

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2026 Big 9 Schedule of Events

- 8:45am Facility Open
- 9:45am Coaches Meeting in Entry way of Volleyball Center

FIELD EVENTS

10:00 - Girls Pole Vault	10:00 - Boys High Jump
10:30 - Girls Shot Put	10:30 - Boys Discus
10:30 - Girls Triple Jump	10:30 - Boys Long Jump
~12:00 - Girls High Jump <i>(30min. warm up after conclusion of boys)</i>	~12:30 - Boys Pole Vault <i>(45min. warm up after conclusion of girls)</i>
~12:30 - Girls Discus	~12:30 - Boys Shot Put
~12:30 - Girls Long Jump	~12:30 - Boys Triple Jump

Running Prelims

11:30 - Girls 100m H	11:50 - Boys 110m HH
12:10 - Girls 100m Dash	12:30 - Boys 100m Dash

Running Finals

1:00 National Anthem

1:05 - Girls 4 x 800m Relay	1:20 - Boys 4x800m Relay
1:35 - Girls 100m H	1:40 - Boys 110m HH
1:45 - Girls 100m Dash	1:50 - Boys 100m Dash
2:05 - Girls 4 x 200m Relay	2:15 - Boys 4 x 200m Relay
2:25 - Girls 1600m Run	2:45 - Boys 1600m Run
3:05 - Girls 4 x 100m Relay	3:15 - Boys 4 x 100m Relay
3:25 - Girls 400m Dash	3:45 - Boys 400m Dash
4:05 - Girls 300m Low Hurdles	4:25 - Boys 300m Int. Hurdles
4:45 - Girls 800m Run	5:00 - Boys 800m Run
5:15 - Girls 200m Dash	5:25 - Boys 200m Dash
5:40 - Girls 3200m Run	6:00 - Boys 3200m Run
6:15 - Girls 4 x 400m Relay	6:30 - Boys 4 x 400m Relay

6:50 Team Awards

Team & Spectator Parking

Parking:

Spectators may park in the school lot or on nearby streets. Please follow all posted parking signs and local regulations.

Team Buses:

Drop-off at the Entrance of Track ([Map Below](#))

Park ~3miles away at [Rochester Community & Technical College:](#)

- 851 College Pkwy SE, Rochester, MN 55904. ([Map Below](#))

Admission:

Spectators are encouraged to purchase tickets in advance through the GoFan App ([GO Fan Link for tickets](#)). **No Cash** will be accepted at the gate. Admission prices are \$10 for adults and \$6 for students.

- *Please note that all spectators, including those attending field events such as throws, are required to purchase a ticket.*

Restrooms:

Porta potties will be available on the South & North end of the stadium.

Concessions:

The concession stand will be open to spectators and accepts cash and card.

Coaches Meet Day Information

Trainer:

We will have a trainer on site and will be located in the infield.

Team Camps:

Team camps will be located on the baseball field. PLEASE NO STAKES to secure tents. Thanks in advance for leaving the area better than you found it!

Participation:

Any athlete scratched from an event will be removed from the entire meet. Athletes who are ill or injured may be replaced, provided the replacement does not exceed participation limits. No additions will be allowed if the original entry was not submitted. All heats and flights will be finalized at seeding and will not be changed.

Implements:

Weigh-in will be held from 9:00–9:50 a.m. in the garage near the concession stand. Each school must provide its own implements. Any implement that does not meet requirements will be held and returned after the competition.

Batons:

Each team will receive a commemorative baton that may be used during the meet. Teams choosing to use their own baton must ensure it meets MSHSL guidelines.

Meet Attire:

All MSHSL uniform rules will be enforced. Please ensure your athletes are properly dressed in legal uniforms.

2026 Exchange Zone Judges:

4x100

Zone 1 - Mankato East & Albert Lea

Zone 2 - Red Wing & Owatonna

Zone 3 - Faribault & JM

4x200

Zone 1 & 3 - Northfield & Mayo

Zone 2 - starter and recall starter

- *Tennis balls at each exchange zone will be provided.*

2026 Games Committee:

- Boys coaches
 - NORTHFIELD
 - WINONA
- Girls coaches
 - CENTURY
 - MANKATO WEST

Running Events:

- Announcer will call the events as follows:
 - 1st call - 15 minutes before event
 - 2nd call - 10 minutes before event
 - Final call - 5 minutes before event
- Athletes should check in after the first call. Those competing in field events should wait until the second call before leaving.
- Running events have preference over field events.
- The 5 heat winners plus the next 3 fastest times will advance to the finals.
- Heat winners will receive preferred lanes.
- Non prelim races will be run in heats seeded from fast to fastest.
- The Girls and Boys 4x800 and 3200 will each be run in a single heat.
- Please use spikes that are ¼" or smaller. No needles.

Field Events:

- There will be three flights for the discus, shot put, long jump, and triple jump.
- There will be 15-minute warm-ups between each flight.
- The top nine performances from prelims will advance to finals for three additional attempts.
- Prelims and finals in the long jump, triple jump, shot put, and discus will be conducted in the same procedure applied in the Section and State meets.
- Starting heights for pole vault and high jump will be decided at the coaches meeting on May 17th, 7:30pm via google meet.
- The “five alive” procedure will be used in conducting the high jump and pole vault.
- Athletes competing in overlapping events must check in and out with event officials and make every effort to manage the conflict.
- Event officials may adjust an athlete’s flight or flight order to help prevent scheduling conflicts.
- Athletes with conflicts have 10 minutes after the conclusion of their running event to return to the field event.
- Please bring your pole vault verification forms to the coaches meeting.
- Shot puts and discus weigh-ins will be from 9:00am - 9:50am.
- We will be providing chalk for jumpers to get their marks on. Please do not use tape on our track / runaways.
- No warmups can take place until the event official allows warmups to start.

Previous Starting Heights. 2026 Heights will be determined at Coaches Meeting on May 17th.

2024 Starting Heights

- Girls Pole Vault 7’ 8’ then up by 6”
- Boys Pole Vault 9’2 10’2 then up by 6”
- Girls High Jump 4’4 up by 2 until 5’ then up by 1”
- Boys High Jump 5’4 up by 2 until 6’2 then up by 1”

2025 Starting Heights:

- Girls High Jump 4’6” up by 2”
- Boys High Jump 5’4” up by 2”
- Girls Pole Vault 7’1” up by 6”
- Boys Pole Vault 9’8” up by 6”

2026 Starting Heights: - Determined at coaches meeting

- Girls High Jump 4’6” up by 2”
- Boys High Jump 5’6” up by 2”
- Girls Pole Vault 7’2” up by 6”
- Boys Pole Vault 9’5” up by 6”

Scoring & Awards:

All-conference and honorable mention athletes will be recognized at mid field at the conclusion of their event.

Individual Scoring

1st 2nd 3rd 4th 5th 6th 7th 8th
18pts 15pts 12pts 9pts 6pts 3pts 2pts 1pt.

Relay Scoring

1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th
22pts 20pts 18pts 16pts 14pts 12pts 10pts 8pts 6pts 4pts 2pts 1pts

All Conference

1st & 2nd place in individual events and 1st place relay team.
Meeting the qualifying standards will also earn All Conference

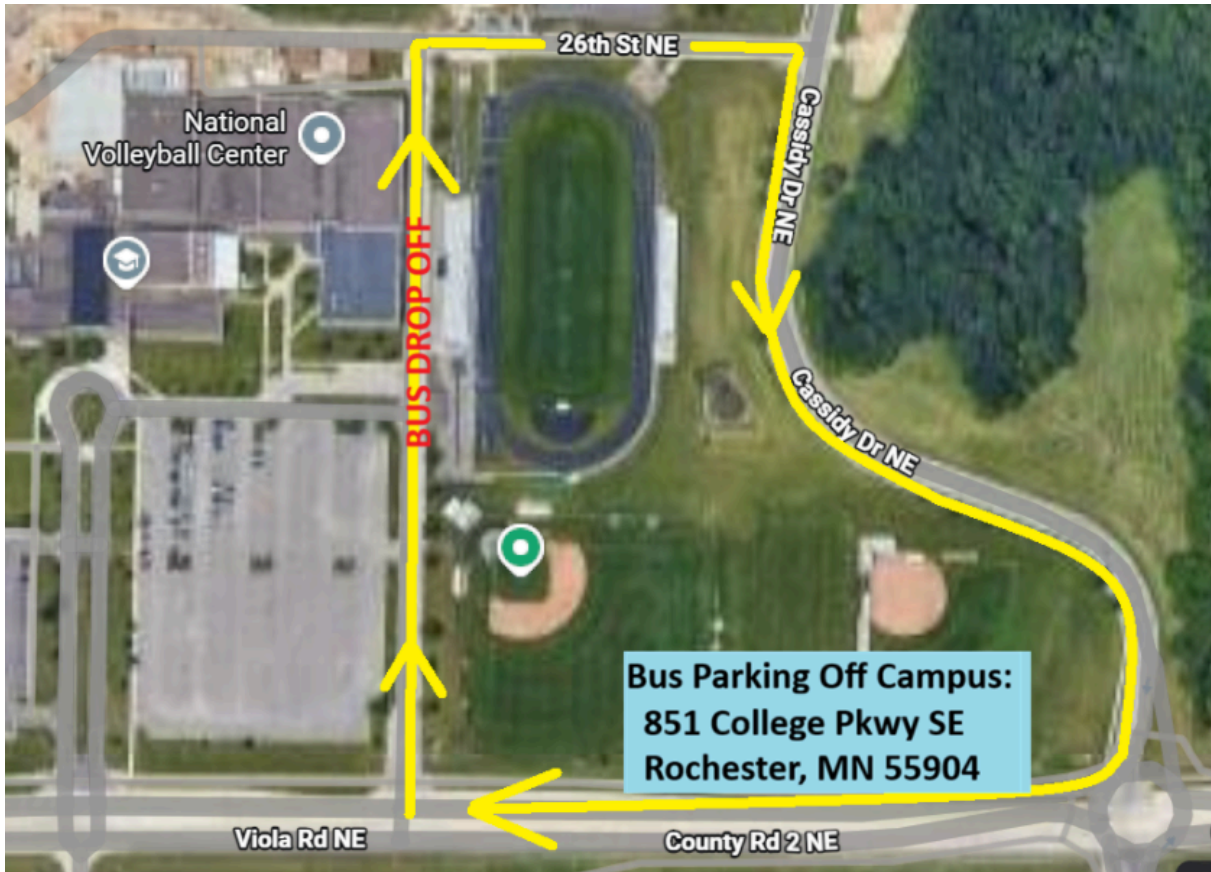
All Conference Honorable Mention

3rd or 4th place in individual events and 2nd place relay team.

All Conference Standards 2026:

Event	Girls	Boys
100	12.73	10.98
200	26.26	22.5
400	59.48	49.94
800	2:17.42	1:59.18
1600	5:12.45	4:23.60
3200	11:40.23	9:50.26
100H/110HH	15.74	14.59
300 Hurdles	47.22	39.84
Long	17-8	22-01
Triple	36-00	42-09
High	5-2	06-02
Pole	10-2	13-5
Shot	38-09	50-8
Discus	122-08	148-07
4x100	48.92	42.67
4x200	1:45.64	1:28.17
4x400	3:59.58	3:25.34
4x800	9:35.15	8:02.10

Bus Drop Off



Bus Parking Map

