

Suburban East Conference
Boys Sophomore & Under
Track & Field Championship Meet

White Bear Lake Stadium

Wednesday May 15, 2019

Time Schedule:

3:00 p.m. Coaches meeting at finish line

3:30 p.m. **Field Events Begin**

Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus

3:45 pm. **Running Events Begin**

3200 m. Run (Section 1)

4X800 m. Relay (one section)

110 m. High Hurdles (fast to slow)

100 m. Dash (fast to slow)

4X200 m. Relay (2 sections if there are 9 teams)

1600 m. Run (2 sections-fast section first-double waterfall)

4X100 m. Relay (2 sections if there are 9 teams)

400 m. Dash (fast to slow)

300 m. Intermediate Hurdles (fast to slow)

800 m. Run (2 sections, fastest first, double waterfall start)

200m. Dash (fast to slow)

3200 m. Run (section 2, fast section – 3 runners per school)

4X400 m. Relay (2 sections if there are 9 teams)

Scoring

Individual Events: 12 – 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Relay Events: 18 – 15 – 12 – 9 – 6 – 4 – 3 – 2 – 1

Entry Information Each school may enter 1 relay team per relay event and 5 athletes in individual events except the 1600 m. and 3200 m. where you are allowed unlimited entries. Please be sure athletes write their number on the back of their hand. A list of your athletes with assigned competitor numbers will be e-mailed to you along with this meet information.

Running Events Information 3:45 p.m. start

Double waterfall starts will be used in the 4X800 Relay if there are 9 teams, the 800 m. Run, 1600 m. Run and 3200 m. run.

Alley 1 will include lanes 1 – 8 and start at the finish line.

Alley 2 will have a staggered start in lanes 5 – 8

Order of sections will be fast to slow except the 3200 m. Run

3200 m. Run – 2 sections, slow section at 3:45 p.m., fast section after 200 m.

Dash with a limit of 3 runners per school.

1600 m. Run – 2 sections, top 16-20 runners will be in section 1 with rest in sections 2

800 m. Run - 2 sections fastest first, 14-16 in section, double waterfall start

Hurdles and Dashes - The top 2 runners per school will be randomly seeded in the first 3 sections, 8 runners in sections 1 and 2, 2 runners in lanes 4,5 of section 3. The clerk will seed the remaining runners in the open lanes in section 3 and as few sections as possible with the last 2 sections as even as possible.

Coaches are responsible for telling their athletes their order of fastest to slowest in each race. The clerk of course will ask athletes to line up by school in the order their coach assigned and then place them in sections and lanes. All 8 lanes will be filled except the last two sections, which will be seeded as evenly as possible.

Field Events Information 3:30 start

Opening heights in the pole vault and high jump will be set at the coaches meeting, I propose 8', 9', 9'6" with 6" raises thereafter in the pole vault, 5' with 2" raises thereafter in the high jump.

Long & Triple jump will be 4 jumps run cafeteria style on separate runways.

The pits will close at 6:00 p.m..

Shot Put and Discus will have 4 throws with 2 throwers from each school in the first flight and the event judge will place remaining throwers in the fewest possible evenly seeded flights of 8 to 12 depending on the number of throwers. Please let the event judge know your number of throwers as soon as possible.

Cretin-Derham Hall, East Ridge, Forest Lake, Woodbury, and Park will throw Discus then Shot Put; Mounds View, Roseville, Stillwater, White Bear and will throw Shot Put then Discus.

Relay Exchange Judges Each school is asked to provide 1 adult who is familiar with the rule change in the baton exchange as listed below.

4X100 m.	1 st exchange	Cretin-Derham Hall, East Ridge
	2 nd exchange	Forest Lake, Mounds View
	3 rd exchange	Park, Roseville

4X200 m. 1st and 3rd exchanges Stillwater, Woodbury

All exchanges in the Finish Line area will be judged by the Starter, Meet Referee and Finish Line workers.

Jury of Appeals

Park, Stillwater, Forest Lake, alternate East Ridge

Student Workers - 3 per school

Woodbury	discus	Roseville	pole vault (2)	block cart (1)
Park	shot put	Forest Lake	clerk runner (2)	start cart(1)
Mounds View	long jump	East Ridge	high jump (2)	
Stillwater	triple jump	Cretin	finish line (2)	
White Bear	hurdles (10)			

Heat and Lane Assignments

Relay Events except the 4X800 m. relay will be run in 2 sections if 9 teams compete, the Clerk will condense to 1 heat if there are 8 or fewer teams.

For individual events run in lanes, the Clerk will fill in the open lanes in section 3 and add more sections as needed.

4X800 M. Relay Waterfall start if 9 teams, lanes if 8 or fewer teams
MV, Park, CDH, Wood, FL, Rose, ER, Still, WBL

110 m. High Hurdles

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – East Ridge	1 – Forest Lake	1
2 – Mounds View	2 – White Bear	2
3 – Cretin-D. H.	3 – Woodbury	3
4 – Roseville	4 – Stillwater	4 – Park
5 – Forest Lake	5 – East Ridge	5 - Cretin-D. H.
6 – White Bear	6 – Mounds View	6
7 – Woodbury	7 - Park	7
8 – Stillwater	8 – Roseville	8

100 m. Dash

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – White Bear	1 – East Ridge	1
2 – Stillwater	2 – Park	2
3 – Mounds View	3 – Cretin-D. H.	3
4 – Woodbury	4 – Forest Lake	4 – East Ridge
5 – Park	5 – White Bear	5 – Roseville
6 - Roseville	6 – Woodbury	6
7 – Forest Lake	7 – Mounds View	7
8 – Cretin-D. H.	8 – Stillwater	8

4X200 m. Relay

Section 1	Section 2
Lane	Lane
3 – Forest Lake	3 - Woodbury
4 – Mounds View	4 – Park
5 – White Bear	5 – Cretin-D. H.
6 – Roseville	6 – East Ridge
7 – Stillwater	

4X100 m. Relay

Section 1	Section 2
Lane	Lane
3 – Park	3 – White Bear
4 – East Ridge	4 – Forest Lake
5 – Stillwater	5 – Roseville
6 – Woodbury	6 - Mounds View
7 – Cretin D. H.	

400 m. Dash

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – Park	1 – Roseville	1
2 – East Ridge	2 – Forest Lake	2
3 – White Bear	3 – Stillwater	3
4 – Forest Lake	4 – Woodbury	4 – Mounds View
5 - Roseville	5 – East Ridge	5 – Cretin-D. H.
6 – Stillwater	6 – Mounds View	6
7 – Cretin-D. H.	7 – White Bear	7
8 – Woodbury	8 – Park	

300 m. Intermediate Hurdles

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 - Cretin-D. H.	1 – Park	1
2 – Forest Lake	2 – Roseville	2
3 – East Ridge	3 – Mounds View	3
4 – White Bear	4 – Forest Lake	4 - Stillwater
5 – Park	5 – Cretin-D. H.	5 – White Bear
6 – Woodbury	6 – Stillwater	6
7 – Roseville	7 – East Ridge	7
8 – Mounds View	8 – Woodbury	8

800 m. Run

Section 1	fastest 14-16 runners (double waterfall)
Section 2	rest of athletes (double waterfall)

200 m. Dash

Section 1

Lane

- 1 – Mounds View
- 2 – Park
- 3 – White Bear
- 4 – East Ridge
- 5 – Stillwater
- 6 – Cretin-D. H.
- 7 – Roseville
- 8 – Woodbury

Section 2

Lane

- 1 – Forest Lake
- 2 – Stillwater
- 3 – Roseville
- 4 – Mounds View
- 5 – Cretin-D. H.
- 6 – Park
- 7 – East Ridge
- 8 – White Bear

Section 3

Lane

- 1
- 2
- 3
- 4 – Forest Lake
- 5 – Woodbury
- 6
- 7
- 8

4X400 m. Relay

Section 1

Lane

- 2 – Woodbury
- 3 – Roseville
- 4 – Forest Lake
- 5 – White Bear
- 6 – Park

Section 2

Lane

- 2 – East Ridge
- 3 – Stillwater
- 4 – Mounds View
- 5 – Cretin-D. H.