

2019 Mounds View Outdoor QUAD

Saturday, April 6th

Teams

Boys Andover, East Ridge, Hopkins, Mounds View, Totino Grace
Girls Andover, Hopkins, Mounds View, Totino Grace

Cost

\$150 per gender. Contracts will be sent to each participating school via the Mounds View activities office.

Purpose behind meet:

Provide an opportunity for all athletes to compete early in the season.

Entries:

- 1) **Unlimited entries for all schools.** This is a developmental meet.
- 2) Teams may have multiple relays.

Scoring:

None

Lane Assignments:

Athletes check in with the clerk of course for lane assignment. Staging area located at entrance of stadium. Please instruct athletes to run fastest to slowest if known. Lanes will be rotated between events and heats.

Results:

Will be emailed by the timing crew. We will attempt to post results live on pressbox as well. Final meet results will also be available at the end of the meet via email.

Supplemental Information:

1. Instruct your athletes to report to the clerking area (north end by the equipment shed) upon hearing the first call for their running event.
 - a. Heats will be setup *to run fastest to slowest*. The clerk will be asking for this information from athletes to help set the heats.
2. Concession stand WILL BE available

MEET SCHEDULE

11:30 am Coaches Meeting (by clerking station – equipment building)

12:00 pm Field Events

High Jump - boys first (4'0 girls / 5'0" boys – continue to raise at 2" increments...3 alive)

Pole Vault (2 pits? if we can get out of storage - otherwise girls start) (6'0 girls / 8' boys 5 alive)

Girls Discus (4 throws) - followed by shot

Boys Shot (4 throws) - followed by discus

Long Jump – fence runway (co-ed cafeteria style - 4 jumps)

Triple Jump – stands runway (co-ed cafeteria style - 4 jumps)

* Pits will close at the start of the 200m *

12:15 pm

Running event schedule

4 x 800m Relay - CUT? Could run together with 3200

100m / 110m Hurdles

100m. Dash

4 x 200m. Relay

1600m. Run (possibly 2 heats?)

4 x 100m. Relay (possibly 2 heats if multiple teams)

400m. Dash

300m. Hurdles

800m. Dash (possibly 2-3 heats)

200m. Dash

3200m. Run

4 x 400m. Relay (possibly 2 heats if multiple teams)