

# White Bear Lake Team Relays

April 9, 2019

**3:00 Coaches meeting**

**3:30 Field Events Begin (4 athletes per school)**

High Jump and Pole Vault - starting heights set at coaches meeting

Long and Triple Jump - 4 jumps, cafeteria style, pits close at 5:30

Shot and Discus - 4 throws

East Ridge, Forest Lake, Mounds View, start at discus

Cretin, Stillwater, White Bear Lake start at shot

**3:45 Running Events Begin (rolling schedule) fastest section first**

JV 1600 - non scoring - unlimited - time your own athletes

4 x 3200 Team Race (1 sections) double waterfall

4 x 110 Hurdle Team (4 sections) one hurdler per school/section

4 x 100 Team Race (4 sections) one runner per school/section

4 x 800 Team Race (2 sections) best 12 first - double waterfall

4 x 300 Hurdle Team (4 sections) one hurdler per school/section

4 x 200 Team Race (4 sections) one runner per school/section

4 x 1600 Team Race (2 sections) best 12-15 first - double waterfall

4 x 400 Team Race (4 sections) one runner per school/section

4 X 100 Relay (1 section)

4 X 100 Thrower Relay (1 section)

JV 4 x 400 relay - non scoring - unlimited - time your own teams

FAT timing is used. Athletes will be given a number to write on back of hand for scoring.

A list will be sent at a later date. Please put number on hand on bus before at WBL.

Concession stand will be open.

Scoring: 10 - 8 - 6 - 4 - 2 - 1 Event place is total of all 4 athletes

Awards: Ribbons to 1st - 2nd - 3rd places. Please pick up ribbons at end of meet.

Handicap times if a team has less than 4 athletes that finish a running event

100	15.0	1600	5:45	
200	30.0	3200		12:30
400	65.0	110 hurdle		25.0
800	2:40	300 hurdle	55.0	

Student workers should report to field events/area at 3:15.

Cretin high jump (2) starting blocks(1)

Stillwater shot put (3)

East Ridge triple jump (3)

Mounds View long jump (3)

Forest Lake discus (3)

WBL pole vault (2) hurdles (10) clerk (2) finish line (2)