

Mounds View Indoor @ Bethel University (SRC)

Saturday April 2, 2022

This will be a “competed time trial” (scored / FAT) in compliance with MSHSL rules and counts towards the official allotment of season meets. See the proposed schedule/information below.

Cost:

\$300 total for both genders (\$150 each)

Contracts will be sent to participating schools activities office

Location:

Bethel University Student Recreation Center (SRC) - between the football and baseball fields
3900 Bethel Drive Arden Hills, MN 55112

Time:

Co-ed competition 11:00 am field events, 11:30 am track events
Coaches meeting 10:30 am at the finish line

Participating teams (5):

Elk River, Mounds View, Richfield, Spring Lake Park, Totino Grace

<u>11:30 am</u>
<u>Order of Running Events - rolling schedule</u>
<i>(Girls followed by boys) (unlimited entries)</i>
* FAT will be used
55 hurdles
55m dash
1600m – 2 heats ?
JV 1600m (not scored)
400
800 – 3 heats?
200
4x400 (2 entries per team)

Scoring (5 teams)

None

Meet Entries:

We will be taking team rosters via athletic.net. You will receive an invitation to enter from athletic.net. This will be a roster meet with each competitor getting a number on their hand. We will pull the Rosters on Thursday, March 31st at 6:00 pm.

Team Assignments - Field Event "Officials": We will need help to run an efficient/smooth meet. The following teams are in charge of the following field events

Mounds View - *Throws, PV*

Spring Lake Park - *LJ/TJ - raking and marking (same pit)*

Elk River - *HJ*

Richfield - *Hurdles/Finish Line*

Field Events _____ **11:00 am start (Limited entries):**

Long Jump/Triple Jump (5 athletes per team for each jump): each athlete will be allowed *three jumps*. Cafeteria style

There is only one horizontal pit at Bethel which extends into the outside lane.

High Jump (4 athletes per team) will start at *4' for girls and 5' for boys* and go up 2" at a time. **Girls first, followed by the boys.**

Pole Vault (3 athletes per team): will start at *6' for girls and 8' for boys* and go up 6" at a time. **Boys first, followed by the girls.**

Shot put (5 athletes): 3-4 throws depending on numbers / flights. Coaches may adjust at their discretion. **Boys start** (approx 11:00 - 12:15) with girls (approx 12:30 - 1:45pm) to follow.

Additional information:

- **NO spikes** allowed on the **blue/middle area of the SRC.** High jumpers will compete in flats - **no spikes**
- There will be a **concession stand** available in the front foyer.
- There will be a **food ticket** for *coaches and officials* to use at the concession stand. This will be handed out at the coaches meeting.
- A **certified trainer** will be available at the Finish Line
- **Please help with clean up** after the meet has concluded

Questions? Please contact Aaron Redman (aaron.redman@moundsviewschools.org) and Scott Ylkanen (scott.ylkanen@moundsviewschools.org)