

**2022 SUBURBAN EAST CONFERENCE  
TRACK AND FIELD MEET**

To: Suburban East Track and Field Coaches

From: Jack Mayeron

Meet Dates: May 24 and 26 2022

Location: Park of Cottage Grove

Here are the detailed procedures we will follow for this year's Suburban East Conference Track and Field Championships. **Please note that we will use Wayzata Results for submitting entries**

**ENTRY PROCEDURE:**

- **You should receive an email link from Athletic.net or do the following:**
  - Go to the website: [wayzataresults.com](http://wayzataresults.com)
  - Click on Schedule
  - Find and click on the Suburban East Conference Meet
  - Use the entry link
  - Enter your athletes as directed
  
- **ALL ENTRIES WILL BE DUE BY NOON ON SUNDAY, MAY 22, 2022**
- **BE SURE TO BEGIN THE PROCESS (ESTABLISH A PASSWORD) SEVERAL DAYS BEFORE THE DEADLINE. IT MAY TAKE ONE DAY FOR THE PASSWORD TO BE ACTIVE.** Should you have questions regarding entry submission please contact Josh Gerber at [josh@wayzataresults.com](mailto:josh@wayzataresults.com)

**SCRATCH / ADD PROCEDURE:**

- **For Tuesday May 24<sup>th</sup>** Unlimited scratch/add until 7:00 p.m. **Monday, May 23<sup>rd</sup>** – email changes to: [josh@wayzataresults.com](mailto:josh@wayzataresults.com) (**Note 3200 final will be Tues.**)
  - No adds after 7:00 p.m. Monday – Scratches only
  - **For Thursday, May 26<sup>th</sup>** : unlimited scratch/adds until 7:00 p.m. **Wednesday May 25<sup>th</sup>** – email changes to: [josh@wayzataresults.com](mailto:josh@wayzataresults.com)
  - No adds after 7:00 p.m. Wednesday May 25<sup>th</sup> – Scratches only
  - **Scratch/add requests should be in the following format:**
    - Event \_\_\_\_\_ Gender \_\_\_\_\_
    - Scratched Athlete Name \_\_\_\_\_ Seed Mark \_\_\_\_\_
    - Added Athlete Name \_\_\_\_\_ Seed Mark \_\_\_\_\_
  - **Scratches on Tuesday and/or Thursday may result in open lanes**
- Note: Heat sheets will be sent out by email Tuesday and Thursday mornings.**

## MEET FORMAT:

**Four entries per school-** Coaches will submit entries using the online entry method. The top four entries from each team will automatically be seeded to the meet. **Some teams will not have four entries in all events and coaches may submit additional entries beyond the top four, which will be considered petitioned entries** and will be seeded to the meet as space permits based on seed performances submitted. Coaches will be notified of the status of petitioned and their other entries by noon, May 22<sup>nd</sup>. 45 total entries per event will be the maximum.

- **Hurdles, 100, 200, and 400** will run preliminaries with 5 heats; heat winners and next four fastest times will advance to the finals.  
The **800** preliminaries will be run in four heats. Top 2 in each heat and next 4 fastest times will advance to the finals.  
The **1600** and **3200** will be run in two final sections for each gender and will start from two waterfalls (alleys).
- **Relays** will all be run in two seeded final sections with the fastest 7 seed times in the second section
- **Shot put** and **Discus** will be contested in four seeded flights. Competitors will be given 15 minutes to warm up between flights. Finals will follow after a 15 minute warm up period
- **Horizontal** jumps will be contested in **two seeded flights** with 2 athletes per school in each flight. Athletes will check in to the desired flights at the event **prior to the beginning of competition**. Competition will be cafeteria style within flights  
**Preliminary flights will be held to a firm time schedule which will be posted prior to the beginning of competition.**

## LJ AND TJ TIME SCHEDULE

<b>Flight 1</b>	3:45 – 5:00
<b>Flight 2</b>	5:15 – 6:30
<b>Finals</b>	6:45

- **High Jump** and **Pole Vault** will be contested using 5 alive – Opening Heights will be determined after all entries are submitted. Coaches have recommended that the High Jump and Pole Vault open at a height chosen to give a majority of the competitors an opportunity to clear the starting height.

## SCORING

- Individual Events: 12,10,8,6,4,3,2,1
- Relays: 18,15,12,9,4,3,2,1

## **FACILITY**

- **BUSES** must drop athletes at the gate on Ideal Ave, on the east side of the school
- Only ½ tennis balls may be used to mark relay exchanges (no tape on track); teams will need to bring their own. Chalk on HJ and runways only.
- No team camps will be allowed on the infield
- Space is available for general warm-ups on the field between the school and stadium. Once athletes are clerked-in, they will be allowed to continue their warm-ups on the infield in a flagged, designated area.
- There will be no access to the school building
- Spikes may not be longer than ¼" pyramid type only; needle and Christmas tree spikes will not be permitted.
- All weather related decisions will be made by the Activities Director of the host school and the Activities Director responsible for track and field after consulting with head coaches.
- Admission will be \$6.00 for adults and \$4.00 for students and senior citizens

## **STUDENT WORKERS:**

Each school will be responsible to provide 3 student workers as follows (schools assigned to hurdle setting will each provide 5 student workers):

Woodbury – Triple Jump	Forest Lake – Pole Vault	Roseville – Long Jump
Cretin DH – Shot Put	Park – Discus	
East Ridge – Blocks	Mounds View – Runners 3 & high jump 2	
Stillwater (5) – Hurdles	White Bear (5) – Hurdles	

**COACHES: HAVE STUDENT WORKERS REPORT JUST PRIOR TO COACHES MEETING – THERE WILL BE A CHECK-IN TABLE ADJACENT TO THE COACHES MEETING AREA WHERE THEY WILL BE GIVEN ASSIGNMENTS, INSTRUCTIONS AND NAME TAGS**

## **RELAY EXCHANGE ZONE ASSIGNMENTS - ONE JUDGE PER SCHOOL (ALL ASSIGNMENTS FOR BOTH BOYS AND GIRLS EVENTS)**

### **4x 200 Meter Relay**

- **First and Last Exchange – Mounds View, Woodbury and Stillwater**
- **Second Exchange – Cretin Derham Hall, Irondale and White Bear Lake**

### **4 X 100 Meter Relay**

- **First Exchange – Forest Lake and Roseville**
- **Second Exchange - East Ridge and Stillwater**
- **Third Exchange - Woodbury and Irondale**

**UNIFORM RULE: The MSHL rules regarding uniforms will be enforced. Coaches have requested that the clerk of course and field event judges monitor athletes for compliance prior to competition.**

**COMPETITORS MAY NOT HAVE ELECTRONIC DEVICES IN THE COMPETITION AREA**

**JURY OF APPEALS:**

**GIRLS:**

**MOUNDS VIEW**

**FOREST LAKE**

**ROSEVILLE**

**BOYS:**

**IRONDALE**

**PARK**

**WHITE BEAR LAKE**

2022 SUBURBAN EAST CONFERENCE  
TRACK AND FIELD CHAMPIONSHIPS  
DAY 1 – MAY 24, 2022

- 3:15 Coaches meeting  
3:40 National Anthem  
3:45 All Field Events begin  
    Girls Long Jump - Prelims followed by finals  
    Boys Triple Jump - Prelims followed by finals  
    Girls Discus Throw - Prelims followed by finals  
    Boys Shot Put - Prelims followed by finals  
    Girls High Jump – Finals  
    Boys Pole Vault – Finals
- 4:15 3200 Meters – Girls unseeded section finals  
4:30 3200 Meters - Boys unseeded section finals  
4:45 100 Meter High Hurdles – 5 Heats: Heat winners plus next 4 best times advance  
5:00 110 Meter High Hurdles - See above  
5:15 100 Meter Dash – Girls - See above  
5:30 100 Meter Dash – Boys - See above  
5:45 400 Meter Dash – Girls - See above  
6:00 400 Meter Dash - Boys - See above  
6:20 300 Meter Low Hurdles - See above  
6:35 300 Meter Intermediate Hurdles – See above  
6:55 800 Meter Run – Girls – 4 Heats: Top two in each heat plus next 4 best times advance  
7:15 800 Meter Run – Boys - See above  
7:35 200 Meter Dash – Girls - 5 Heats: Heat winners plus next 4 best times advance  
7:50 200 Meter Dash – Boys - See above  
8:05 3200 Meters – Girls fast section finals  
8:20 3200 Meters - Boys fast section finals

LIVE RESULTS AVAILABLE AT: [www.wayzataresults.com](http://www.wayzataresults.com)

**LONG JUMP AND TRIPLE JUMP**

- Flight 1 3:45 – 5:00  
Flight 2 5:15 - 6:30  
**Finals 6:45**

SUBURBAN EAST CONFERENCE  
TRACK AND FIELD CHAMPIONSHIPS  
DAY 2 – MAY 26, 2022

- 3:15 Coaches Meeting
- 3:30 National Anthem
- 3:40 **All awards from events completed on day 1**
- 3:45 **ALL FIELD EVENTS BEGIN**
  - Boys Long Jump – Prelims and finals
  - Girls Triple Jump – Prelims and finals
  - Girls Shot Put – Prelims and finals
  - Boys Discus – Prelims and finals
  - Girls Pole Vault – Finals
  - Boys High Jump – Finals

\*\*\*\*Awards will be presented immediately after completion of each event. Any awards missed earlier in the meet will be presented after the 200 meter finals

- 4:15 4 X 800 Meter Relay – Girls
- 4:30 4 X 800 Meter Relay – Boys
- 4:45 100 Meter Hurdles
- 4:55 110 Meter Hurdles
- 5:00 100 Meter Dash – Girls
- 5:05 100 Meter Dash – Boys
- 5:15 4 X 200 Meter Relay – Girls
- 5:20 4 X 200 Meter Relay – Boys
- 5:35 1600 Meter Run – Girls – 2 section finals
- 5:50 1600 Meter Run – Boys – 2 section finals 6:10
- 6:10 4 X 100 Meter Relay – Girls
- 6:15 4 X 100 Meter Relay – Boys
- 6:25 400 Meter Dash - Girls
- 6:35 400 Meter Dash – Boys
- 6:45 300 Meter Low Hurdles - Girls
- 6:55 300 Meter Intermediate Hurdles - Boys
- 7:05 800 Meter Run – Girls
- 7:15 800 Meter Run – Boys
- 7:25 200 Meters – Girls
- 7:30 200 Meters – Boys
- Any remaining awards – Recovery Break
- 7:50 4 X 400 Relay – Girls
- 8:00 4 X 400 Relay – Boys
- 8:20 Awards – 4 X 400 Meter Relay Girls and Boys
- 8:30 Awards – TEAM CHAMPIONSHIPS

**LONG JUMP AND TRIPLE JUMP**

- Flight 1 3:45 – 5:00
- Flight 2 5:15 - 6:30
- Finals 6:45**