

Bob Stewart Invite
Tuesday, April 30, 2019

Teams: East Ridge, Mounds View, St. Paul Central, St. Paul Johnson, St. Paul Como, Stillwater, Woodbury

Important Start Times:

3:30 pm – Coaches Meeting at staging area (equipment building or middle of field)
3:45 pm – Field Events start
4:00 pm – Track Events start

Entries:

- 1) _____.
- 2) Teams may have multiple relays.

Roster/Competitor #:

Entries will be done via download on the MSHSL website. A competitor number will be assigned to each athlete, which is how they will be recorded by the meet officials. We ask that you have your athletes write their assigned number on the *outside of their left hand* with a permanent marker. Judges will take competitor numbers *not* names.

Questions regarding your roster please contact andrew.jarmuzek@gmail.com

Scoring: Individual 10-8-6-5-4-3-2-1 Relays 10-8-6-4-2

Lane Assignments:

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

Results:

We will attempt to post results live on press box. Final meet results will be emailed out following the conclusion and available on wayzataresults.com

Coaching Responsibilities for relays:

4 x 200

- exchange zone 1 (#'s 2 and 4)

4 x 100

- exchange zone 1

- exchange zone 2

- exchange zone 3

Finish line exchange zone – **Starter**

Supplemental Information:

1. Buses: School ends at 3:15 pm. Plan on either drop off along the street or in the bus lot across the street from the H.S. Buses can park there if staying.
2. Team camps should be set up on the practice fields behind the home stands or in the visitor stands. Please do not set up on the infield/turf.
3. Please have your team cleanup at the conclusion of the meet.
NO FOOD IS ALLOWED ON THE INFIELD/TURF.
4. Instruct your athletes to listen to the P.A. announcer and to the calls given for each event.
5. Concession stand will be available.

Running Events

4:00 pm

*4 X 800 Relay (Dick Riter)

110 Meter Highs

100 Meter

Sprint Medley Relay (200, 200, 400, 800)

1600 Meter

4 x 100 Relay

400 Meter

300 IMS

*800 Meter (Tom Roman Memorial)

200 Meter

3200 Meter

4 x 200 Relay

*4 X 400 Relay (Bob Stewart)

Field Events

3:45 pm

High Jump (start 5' - raise at 2" increments, 15 min. check out limit)

Long Jump (runway next to fence, cafeteria - 4 jumps, pits close at start of 200m)

Triple Jump (runway next to visitor stands, cafeteria - 4 jumps, pits close ")

Pole Vault (start at 8', move to 9', followed by 6" increases)

Shot Put (4 throws)

Discus (4 throws)

* Trophy races

Trophy awards for: the Jim Bergstrom Memorial to the meet's top Horizontal Jumper by adding their best Long Jump and Triple Jump, the Tim White Thrower of the Meet by adding the top Discus and Shot Put performances, and the Rollie Nesheim Hurdler of the Meet for the hurdler with the fastest combined times in the 110m HH and 300m Int.

Medals to top 3 individuals and top relay teams.

Ribbons to individual places 4-6 and 2nd and 3rd place relays.