

**Section 6AAA True Team Track and Field Meet**

**Bob Stewart Track - Mounds View High School**

***Tuesday May 7, 2019***

*(Backup date Wednesday May 8<sup>th</sup>)*

**9 Teams**

**Cretin – Derham Hall**

**Irondale**

**Minneapolis South**

**Minneapolis Southwest**

**Minneapolis Washburn**

**Mounds View**

**North St Paul**

**Roseville**

**St. Paul Central**

Hello Coaches,

Welcome to the **2019 True Team Section 6AAA meet at Mounds View High School**. The [true team series originated in 1987 as a model for a true TEAM competition](#). Thank you for deciding to participate in this exciting opportunity to showcase your team's abilities. **The nine** teams assigned by the MSHSCA are: Cretin – Derham Hall, Irondale, Minneapolis South, Minneapolis Southwest, Minneapolis Washburn, Mounds View, North St Paul, Roseville, and St. Paul Central.

Included in your handout is an outline detailing the organization of events and a prepared time schedule for the meet.

In the case of bad weather, the meet will be run on Wednesday May 9th.

Please review all the material attached so that you are well informed with the procedures for the day. The 2020 meet will be held @\_\_\_\_\_ May \_\_\_\_.

**Included in this handout you will find:**

- 1) general meet and event information
- 2) roster information
- 3) coaching responsibilities at the meet
- 4) order of events
- 5) meet records

**IMPORTANT:** All coaches and athletic directors please confirm that the appropriate coaches and/ or individuals are receiving the necessary information in this attached email. Thank you for your attention to these matters. Feel free to respond with any necessary questions.

Thank you,  
Mounds View Track and Field Coaches and meet managers

|   |  |
|---|--|
| Head coach (boys) Ross Fleming<br>School number: (651) 621 – 7184       | <a href="mailto:ross.fleming@moundsvIEWSschools.org">ross.fleming@moundsvIEWSschools.org</a>     |
| Co – head coach (girls) Aaron Redman<br>School number: (651) 621 – 7199 | <a href="mailto:aaron.redman@moundsvIEWSschools.org">aaron.redman@moundsvIEWSschools.org</a>     |
| Co – head coach (girls) Scott Ylkanen                                   | <a href="mailto:scott.ylkanen@moundsvIEWSschools.org">scott.ylkanen@moundsvIEWSschools.org</a>   |
| Andrew Jarmuzek – Meet Timer  | <a href="mailto:andrew.jarmuzek@gmail.com">andrew.jarmuzek@gmail.com</a>                         |
| Jim Galvin – Activities Director  | <a href="mailto:james.galvin@moundsvIEWSschools.org">james.galvin@moundsvIEWSschools.org</a>     |
| Cindy McCallum – Activities assistant                                   | <a href="mailto:cindy.mccallum@moundsvIEWSschools.org">cindy.mccallum@moundsvIEWSschools.org</a> |

## **ROSTER SET – UP (VERY IMPORTANT):**

Teams will be required to submit a roster of 50 via [athletic.net](http://athletic.net) (You will receive an email from the True Team committee). Teams will be asked to submit rosters 7 days prior to the meet so that the meet file can be sent back to meet managers for distribution. All teams must submit the roster 7 days prior to your meet no exceptions will be made. Athletes will then be assigned a competitor number based on the roster submitted.

*12 teams will now compete at the State True Team Meet. The top team from each section, plus an additional 4 teams from the 2-5 place teams at the section meets.*

## **MEET SCORING**

Each team will be **allowed three (3) entries per event**. All competitors who finish a race or legally complete a trial in the field events will score points. Since there will be **nine (9) teams participating**, the points will be awarded as follows:

Individual events (teams x 3):                   (1<sup>st</sup> = 27 pts., 2<sup>nd</sup> = 26 pts., 3<sup>rd</sup> = 25 pts.,..., 27<sup>th</sup> = 1pt.)  
Relays (teams x 4):                               (1<sup>st</sup> = 36 pts., 2<sup>nd</sup> = 32 pts., 3<sup>rd</sup> = 28 pts.,..., 9<sup>th</sup> = 4pts.)

"If any event has less than 30% of potential competitors, based on the number of teams at the meet, then the scoring shall change to 1st place being a point value equal to the number of competitors in the event(as opposed to being based on the number of teams in the meet), 2nd place being 1 point less than 1st, etc...with last place earning 1 point."

Example: 10 teams in a AA section meet would have the probability of 20 competitors, thus 20 points would be awarded to 1st place and 1 to 20th. If there are only 4 athletes in a particular event, then that event would be scored 1st=4 points, 2nd=3 points, 3rd=2 points, 4th=1 point.

## **RUNNING EVENTS:**

The number of sections will vary depending on the race and the number of competitors. See the event schedule for specific numbers of sections. Where there is more than one section, Teams can place runners in any heat they choose but it is the true team committee's recommendation that the ***first heat is the fast heat.***

The times will all be FAT using the FinishLynx timing system.

## **LANE ASSIGNMENTS:**

Lane assignments will be randomly selected per heat by the HYTEK system and sent out the day before the meet.

## **FIELD EVENTS:**

\*NOTE: a field event athlete has ***15 minutes*** to return upon checking out for another event. Please make sure all competition marks and approaches are completed BEFORE the start of the field event.

**Shot put and discus** – all competitors will be allowed ***four (4) throws*** with no finals. The girls and boys will be assigned separate competition times. ***Boys will start with the shot put and switch to discus. The girls will start with discus and switch to shot.*** The athletes will be assigned one of 3 flights - # 3 thrower in the first flight, #1 thrower in the third flight.

**Long Jump and Triple Jump** – All competitors will be allowed ***four (4) attempts*** with no finals. Both genders will perform the long jump on runway #1 (farthest away from stands), and the triple jump on runway #2 (next to stands). ***An athlete may be granted one (1) "run thru" once the pits have closed and if the competitor has not begun their competition.*** A good example would be for an athlete who checks their mark before the meet but does not return till after competing on the track. ***Pits will close at the start of the 200.***

**Pole Vault and High Jump** – Starting heights will need to be discussed at the pre-meet coaches meeting.

Suggested starting heights are as follows:

Boys High Jump: 5', 5'2, 5'4, 5'6, 5'8, 5'10, 6', 6'2, 6'4,...

Girls High Jump: 4', 4'2, 4'4, 4'6, 4'8, 4'10, 5', 5'2, 5'4,...

Boys Pole Vault: 8', 9', 9'6, 10', 10'6, 11', 11'6, 12', 12'6, 13', 13'6, 14',...

Girls Pole Vault: 6', 7', 7'6, 8', 8'6, 9', 9'6, 10', 10'6, ...

The athletes will compete using the **“3 alive” procedure**. Anyone who has passed three (3) consecutive heights **will be allowed a run through** as per the federation rules. We will run the genders simultaneously in the high jump, with separate pits at the north end of the track, as well as pole vault. Girls will be on the pit located on the infield, boys on the pit behind the visitor stands.

### **RESULTS:**

Results will be posted at the top of the home stands. Copies of the overall results will be emailed following the completion of the meet.

### **COACHING RESPONSIBILITIES FOR RELAYS:**

4 x 200 (girls and boys)

- exchange zone 1 (#'s 2 and 4) **Cretin Derham Hall / North St Paul**

4 x 100 (girls and boys)

- exchange zone 1 **Mpls South / Irondale**
- exchange zone 2 **Roseville / St Paul Central**
- exchange zone 3 **Mpls Washburn / Mpls Southwest**

### **SUPPLEMENTAL INFORMATION:**

- If possible, let us know if you have any helpers/workers available/interested.
- **Mounds View school day ends at 3:15. Please plan your buses around this time appropriately.**
- **Buses should drop-off and park across the street from the school to avoid congestion in the main parking lot.**
- NO team packets will be handed out – coaches are responsible for meet and competitor information (numbers, etc.)
- **ONLY athlete warm up on the infield** – no camps
- **Please set up team camps (tents) along the fence line behind the press box.** We need to clear the infield of tents and other large obstruction.
- Only coaches and athletes on the field - no parents and non - athletes. Athletes with the assigned number on their hand will be checked by gate attendant to the field.
- Concession stand will be available. Coaches will receive a meal ticket for the concession stand.
- Sunflower seeds and gum are not allowed on the stadium track or field

### **STATE MEET INFO:**

Coaches can find all state meet information @ <https://www.mshsca.org/page/show/2430199-state-meet-info>

It is essential that coaches view the website and read through the material. The deadlines the advancing coaches must meet are nearly immediate.

The wildcard paper meet will be held on Saturday May 11, 2019. This year 4 teams will advance from the wildcard teams to the state meet. Teams finishing 2 – 5 in the section meet will need to check the coaches' association website Saturday night to see if they advanced to the state meet.

## **TRUE TEAM SECTION ORDER OF EVENTS**

*Events will be run according to this time schedule. We will not move ahead of schedule unless weather becomes a factor.*

**Coaches Meeting**                      3:30

### **Field Events:**

Boys shot put                              4:00

Girls shot put                              approx 6:00

Girls discus                                4:00

Boys discus                                approx 6:00

Girls high jump                          4:00    pit #1                      Boys high jump                      4:00    pit #2

Girls pole vault                          4:00    (pit located on stadium infield)

Boys pole vault                          4:00    (pit located behind the visitor stands)

Boys and girls triple jump on runway #2    4:00                      Boys and girls long jump on runway #1    4:00

LJ/TJ Pits will close at the start of the 200

**Long and Triple Jump completed      6:55 pm (start of the 200m)**

### **Running events:**

4:00    Girls 4 x 800                      (1 section)

4:15    Boys 4 x 800                      (1 section)

4:30    Girls 100 high hurdles          (3 sections)

4:40    Boys 110 high hurdles          (3 sections)

4:50    Girls 100                            (3 sections)

5:00    Boys 100                            (3 sections)

5:10    Girls 4 x 200                      (1 section)

5:15    Boys 4 x 200                      (1 section)

5:20    Girls 1600                        (1 section)

5:30    Boys 1600                        (1 section)

5:40    Girls 4 x 100                      (1 section)

5:45    Boys 4 x 100                      (1 section)

5:50    Girls 400                            (3 sections)

6:00    Boys 400                            (3 sections)

6:10    Girls 300 IM hurdles          (3 sections)

6:20    Boys 300 IM hurdles          (3 sections)

6:30    Girls 800                            (2 sections)

6:40    Boys 800                            (2 sections)

6:50    Girls 200                            (3 sections)

7:00    Boys 200                            (3 sections)

7:10    Girls 3200                        (1 section)

7:25    Boys 3200                        (1 section)

7:40    Girls 4 x 400                      (1 section – 3 turn stagger)

7:45    Boys 4 x 400                      (1 section – 3 turn stagger)

8:10    Awards

| <b>True Team Section Boys Records (Since 2000)</b> |                                    |                                 |                    |             |
|--|------------------------------------|---------------------------------|--------------------|-------------|
| <b>Event</b>                                       | <b>Athlete</b>                     | <b>School</b>                   | <b>Performance</b> | <b>Year</b> |
| <b>4 x 800 Meter Relay</b>                         | Rengo, Hoffman,<br>Tarlue, Gbahtuo | Spring Lake Park/St.<br>Anthony | 8:06.18            | 2007        |
| <b>110 Meter Hurdles</b>                           | B. Ojika                           | Irondale                        | 14.47              | 2013        |
| <b>100 Meter</b>                                   | Norgaard                           | Spring Lake Park/St.<br>Anthony | 10.81              | 2008        |
| <b>4 x 200 Meter Relay</b>                         | Evans, McKay,<br>Balzar, Bradley   | Mounds View                     | 1:30.39            | 2007        |
| <b>1600 Meter</b>                                  | A. Ali                             | Mpls Washburn                   | 4:15.03            | 2016        |
| <b>4 x 100 Meter Relay</b>                         |                                    | Roseville Area                  | 43:08              | 2005        |
| <b>400 Meter</b>                                   | Q. Evans                           | Mounds View                     | 48.52              | 2007        |
| <b>300 Meter Hurdles</b>                           | CJ Janu                            | Spring Lake Park                | 38.43              | 2013        |
| <b>800 Meter</b>                                   | T. Riter                           | Mounds View                     | 1:54.0             | 2000        |
| <b>800 Meter Run<br/>Wheelchair</b>                | M. Braun                           | Irondale                        | 2:04.13            | 2012        |
| <b>200 Meter</b>                                   | A. Sirleaf                         | North St Paul                   | 22.01              | 2014        |
| <b>3200 Meter</b>                                  | H. Mead                            | Minneapolis South               | 9:13.22            | 2007        |
| <b>4 x 400 Meter Relay</b>                         |                                    | Park Center                     | 3:27.0             | 2000        |
| <b>Discus Throw</b>                                | J. Kubiadowicz                     | North St Paul                   | 189' 3"            | 2017        |
| <b>Shot Put</b>                                    | N. Englin                          | Mounds View                     | 60' 0"             | 2003        |
| <b>Long Jump</b>                                   | McNamara                           | Mounds View                     | 22' 11"            | 2007        |
| <b>Triple Jump</b>                                 | E. Campbell                        | St. Paul Central                | 45' 2.50"          | 2013        |
| <b>High Jump</b>                                   | Kablan                             | Roseville Area                  | 6' 6"              | 2009        |
| <b>Pole Vault</b>                                  | C. Ciganik                         | Mounds View                     | 15' 6"             | 2018        |

| <b>True Team Section 6AAA Girls Records (Since 1995)</b> |  |   |                    |                              |
|--|--|---|--------------------|------------------------------|
| <b>Event</b>   | <b>Athlete</b>   | <b>School</b>   | <b>Performance</b> | <b>Year</b>                  |
| <b>4 x 800 Meter Relay</b>                               | H. Oscarson,<br>J. Croce, A. Kelley,<br>O. Orr           | Mpls Washburn   | 9:37.26            | 2016                         |
| <b>100 Meter Hurdles</b>                                 | K. Sawtell   | Mounds View   | 14.97              | 2010                         |
| <b>100 Meter Dash</b>                                    | K. Fortune   | Mpls Washburn   | 12.10              | 2005                         |
| <b>4 x 200 Meter Relay</b>                               | A. Belsito,<br>A. Titterud,<br>K. Bethke,<br>E. Toninato | Mounds View   | 1:43.71            | 2010                         |
| <b>1600 Meter Run</b>                                    | E. Covert  | Mpls Washburn   | 5:04.61            | 2017                         |
| <b>4 x 100 Meter Relay</b>                               |  | Mpls Washburn   | 48.35              | 2005                         |
| <b>400 Meter Dash</b>                                    | M. Linder  | Cretin Derham Hall  | 56.03              | 2014                         |
| <b>300 Meter Hurdles</b>                                 | J. Severson  | Spring Lake Park/St. Anthony                                | 44.62              | 2007                         |
| <b>800 Meter Run</b>                                     | J. Cheever   | Mpls Southwest  | 2:16.91            | 2005                         |
| <b>800 Meter Run Wheelchair</b>                          | J. Super   | Spring Lake Park  | 4:21.14            | 2012                         |
| <b>200 Meter Dash</b>                                    | B. Hunter  | Cretin-Derham Hall  | 25.09              | 2014                         |
| <b>3200 Meter Run</b>                                    | E. Covert  | Mpls Washburn   | 10:10.61           | 2018                         |
| <b>4 x 400 Meter Relay</b>                               |  | Roseville Area  | 4:04.09            | 2008                         |
| <b>Discus Throw</b>                                      | L. Klein   | Mounds View   | 140' 9"            | 2017                         |
| <b>Shot Put</b>  | V. Rasmussen   | Mounds View   | 42' 7.75"          | 2015                         |
| <b>Long Jump</b>   | K. Merrill   | Mounds View   | 17' 3.5"           | 2005                         |
| <b>Triple Jump</b>                                       | S. Nesbit  | Roseville Area  | 38' 10.5"          | 2008                         |
| <b>High Jump</b>   | G. Curtis<br>H. Skildum<br>D. Smith<br>J. Fixsen         | Park Center<br>Mounds View<br>Roseville Area<br>Mounds View | 5' 6"              | 1995<br>2005<br>2008<br>2017 |
| <b>Pole Vault</b>  | J. Fixsen  | Mounds View   | 13' 6"             | 2018                         |