

GOPHER CLASSIC INDOOR TRACK & FIELD MEET

Presented by: University of Minnesota Women's Track & Field

Friday, March 25 & Saturday, March 26

GIRLS TEAMS

BOYS TEAMS

Session I Friday, March 25 4:00 – 7:00	Buffalo Minnetonka East Ridge Two Rivers Bloomington Jefferson St. Cloud Apollo St. Louis Park Farmington Prior Lake Roseville Area Cambridge-Isanti Rogers	Buffalo Minnetonka East Ridge Two Rivers Bloomington Jefferson St. Cloud Apollo St. Louis Park Farmington Prior Lake Rogers
Session II Saturday, March 26 9:00 – 12:00	Minneapolis Washburn St. Paul Highland Park Howard Lake-Waverly-Winsted Burnsville Park Center Chaska Blaine Academy of Holy Angels St. Paul Washington Tech Wayzata	Minneapolis Washburn St. Paul Highland Park Howard Lake-Waverly-Winsted Burnsville Park Center Chaska Blaine Academy of Holy Angels St. Paul Washington Tech Cambridge-Isanti
Session III Saturday, March 26 1:00 – 4:00	Lanesboro/Fillmore Central/M-C South Ridge Rockford Moundsview Minnehaha Academy Andover Spring Lake Park St. Paul Harding	Lanesboro/Fillmore Central/M-C South Ridge Rockford Moundsview Minnehaha Academy Andover Spring Lake Park St. Paul Harding

Field Events: Please bring indoor implements!

Shot Put & Discus	Girls – 75 minutes of Shot Put, switch to Discus net for 75 minutes. UNLIMITED THROWS Boys – 75 minutes of Discus net, switch to Shot Put for 75 minutes. UNLIMITED THROWS Twenty minute warm-up period during switch over.
Long/Triple Jump	Long Jump – boys pit and girls pit, run simultaneously for 75 minutes. UNLIMITED JUMPS Triple Jump – boys pit and girls pit, run simultaneously for 75 minutes. UNLIMITED JUMPS Twenty minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height with 2" increments. 75 minutes of competition. Boys – 5 ft. opening height with 2" increments. Follow girls (20 min. warm-up)
Pole Vault	Boys – 8 ft. opening height with 6" increments. 75 minutes of competition. Girls – 6 ft. opening height with 6" increments. Follow boys (20 min. warm-up)

Running Events: Each session will be on a rolling time schedule. Please advise your athletes to report to the clerk on the **first call**. All events will be Girls followed by Boys.

4x800 Relay	one section	1600m Run	one section
60m Dash	two/three sections (9 lanes)	400m Dash	three/four sections (no blocks)
60m High Hurdles	two/three sections (9 lanes)	800m Run	two/three sections
4 x 200 Relay	one/two section(s)	JV 1600	one section (3 entries/team)
JV 4 x 200 Relay	one/two section(s)	4x400	one/two section(s)

G O P H E R C L A S S I C I N D O O R T R A C K & F I E L D M E E T

General Information

Coaches:

With each session, please arrive one hour before your competition begins and enter the Fieldhouse along University Avenue. Proceed to the east end (turf) of the Fieldhouse and set up your camps along the outside walls to allow for warm-up on the inside. Please check in at the registration table in the lobby and if you haven't already made arrangements for payment through your district, a check may be left at the registration table. Take time to admire the Big Ten Championship trophy won by the women's team this past indoor season and watch the video of the University of Minnesota track & field teams. Regarding COVID protocols, the U of M is now mask free at all indoor athletic venues. Please advise your parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing the shot put and pole vault. Fans will not be allowed on the turf area or along the north wall. Coaches will meet 30 minutes before each session.

Each team is permitted (3) entries/individual event and (1) relay. For safety purposes, the JV mile will be limited to (3) entries. Please do not send entries!

A reminder that this is a time trial and by MSHSL rule, no school uniforms are permitted and it will be hand held time. Please encourage your athletes to wear clothing which identifies your school so our fans will recognize the competitors. All fans are admitted free!

Athletes must report at **first call** for their event. For all events requiring more than one section, the fast section will be run first. Athletes will be clerked as Section 1, 2, 3 or 4. Please advise your athletes in advance of the section they should run.

Athletes are not allowed to use **any** electronics in the area of competition! All electronic devices must stay at your team camp or in the bleachers.

Each athlete will receive a hand-held time. Coaches are responsible for getting times from their athletes. The varsity and JV 1600 split and final times will be read at the finish and coaches will be responsible for timing their own athletes. Please help with counting laps for your athletes.

A warm-up time will be allotted 30 minutes prior to each session. **For liability reasons and per MSHSL rule, please** make sure a coach is present at the field event areas during warm-ups. Helmets are required during warm-ups at the pole vault.

Track surface is Beynon 2000; ¼" inch pyramid spikes are allowable.

All fair marks in the jumps and throws will be measured and announced. Coaches are responsible for getting performance data from their athletes.

Concessions (voted best hot dog in the Big Ten), t-shirts and special wrist bands will be on sale in the lobby.

Buses:

Drop off and pick up on University Ave. at the Fieldhouse. Buses will be asked to park along 6th St. between 23rd Ave. and 25th Ave. (between the Ski-U-Mah & Victory lots)

Entry Fee:

\$250/school, single gender or \$500/school, both boys and girls

Checks to: **Inside Track Club (deadline March 15)**

Mail to: Matt Bingle

U of M Women's Track
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Minneapolis, MN 55455

Questions directed to: Scott Stallman (meet director) stallmanscott@mediacombb.net

