

Hopkins True Team Invite

April 23th, 2019

Purpose:

*The True Team format is 30+ years old in Minnesota and the hallmark of some of the most respected and competitive programs in the state. We want to expand its success; we're hosting a meet that will see some of the best **teams** in the area compete head-to-head. We want to host a high quality and efficient True Team meet to create momentum going into the championship month.*

Participating Teams:

Girls:

MN = Edina, Hopkins, Lakeville North, Mounds View, Willmar, Stillwater

WI = Hudson

Boys:

MN = Hopkins, Mounds View, Lakeville North, Willmar, Edina

WI = Hudson

Scoring:

1 point per competitor in individual events.

6 points per team in the relays.

Lane Assignments:

Lane and section assignments are determined by seed-times; 3 sections for most boys and girls races. The exceptions to predetermined lanes are:

- 1600m Run (1 heat per gender - 4-alley + waterfall start)
- 800m Dash (Girls 2 heats, Boys 2 heats)
- 3200m Run (1 heat per gender - 4-alley + waterfall start)

Meet Schedule:

3:10 - Coaches Meeting

3:30 - Start of Field Events: Boys Discus, Girls Shot Put, Boys Pole Vault, Girls High Jump, Girls Long Jump (north runway) and Boys Triple Jump (south runway)

4:00 - Start of Running events

Running Event Schedule:

3:45 JV 1600 (1 heat per gender, coaches time own athletes)

3:58 National Anthem

4:00 4 x 800m Relay (1 heat per gender)

4:25 100m/110m Hurdles (4 Sections per gender)

4:55 100m Dash (4 Sections per gender)

5:15 4 x 200m Relay (1 heat per gender)

5:25 1600m Run (1 heat per gender - 4-alley start)

5:40 4 x 100m Relay (1 heat per gender)

5:50 400m Dash (4 Sections per gender)

6:20 300m Hurdles (4 Sections per gender)

6:45 800m Dash (2 Sections per gender)

- 7:05** 200m Dash (4 Sections per gender)
7:25 3200m Run (1 heat per gender - 4-alley + waterfall start)
7:50 4 x 400m Relay (1 heat per gender)
4 x 400m Relay JV (1 heat/unlimited entries - coach timed)
8:20 Pole Vault Relays (2 heats per gender)

Field Events:

Discus (4 flights, 4 attempts) Boys 3:30/Girls 5:30
Shot Put (4 flights, 4 attempts) Girls 3:30/Boys 5:30
High Jump (one pit) Girls 3:30/Boys 5:30
Long Jump (cafeteria, 4 attempts) Girls 3:30 - 5:00, Boys 5:30 - 7:00 on North Runway
Triple Jump (cafeteria, 4 attempts) Boys 3:30 - 5:00, Girls 5:30 - 7:00 on South Runway
Pole Vault (3 entries, one pit) Boys 3:30/Girls 5:30

Supplemental Information:

Starting heights for Pole Vault:

Boys: 9', 10', 11' + 6" increments

Girls: 7', 8', 9' + 6" increments

Starting height for High Jump:

Girls: 4'2" + 2" increments

Boys: 5'2" + 2" increments

Team Camps:

Due to recent construction and what we believe will be easier access to competition areas and the stadium, team camps have been relocated to the South East corner of the stadium, under the High Ropes Challenge Course.

Team buses will drop off in the North Junior High/Hopkins High School

Staff-Bus Parking Lot (west side of NJH) which is accessible from Cedar Lake Road.

Warm Up Area:

Athletes may warm up on the Campus of Hopkins High School. Additionally, they are welcome to warm up on the back third of the infield--closest to the backstretch.

Please help us keep the front third of the infield--closest to the homestretch clear of athletes.

Garbage bags are included in your team packets for your convenience when packing up your team camp at the end of the meet.

Thank you for competing in our Hopkins True Team Invitational!

Hopkins High School Campus



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