

**Roseville Boys Track and Field JV Meet  
Tuesday April 27, 2021**

**Teams:** Forest Lake, East Ridge, Mounds View, Stillwater, and Roseville

**Important Start Times**

3:15pm – Coaches Meeting

3:30pm – Field Events

4:00pm – Running Events

**Schedule of Events**

**Field Events – 3:30pm**

- 4 Jumps/Throws per Participant Max.
- High Jump – We will start at 5' then go up by 2 inches
- Pole Vault – We will start at 7' then 8' and then up 6' from that point
- Warm ups done within your time
- Get as many throws/jumps as possible in 30 min.

Time	Long Jump	Triple Jump	Shot Put	Discus
3:30-4:00	ROSE	SW	MV	ROSE
4:00-4:30	FL	MV	FL	ER
4:30-5:00	ER	ROSE	ROSE	SW
5:00-5:30	SW	FL	ER	MV
5:30-6:00	MV	ER	SW	FL

**Running Events – 4:00pm**

4X800 Meter Relay

100 Meter Hurdles

100 Meter Dash

4X200 Meter Relay

1600 Meter Run

4X100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4X400 Meter Relay

## Important Meet Information

- We will have hand held timing for this meet. All competitors should have a number that they should put on their left hand.
- Masks will be required while not competing, and can be removed while competing per newest update from the MSHSL.
- Team camps will be assigned to certain spots upon your arrival. We expect team members not competing or warming up to be in this area.
- We will be doing clerking in the center of the infield. Only people in the two events prior can be on the infield.
- Warming-up will not be allowed in the infield...please use the practice field to warm-up, which is located behind the visitor bleachers.
- Please have athletes bring their own water as we will not have access to water.
- Concessions will be available.
- If there is inclement weather, athletic directors and coaches will be notified by noon on the meet day of meet cancellation.
- **We will have unlimited entries for all events, including relays. Just make sure that your total team roster is 50 or less.**
- 8-lane polyurethane track.
- ¼ inch pyramid spikes only (No Pins)!
- No tape on track, non-adhesive markers only.
- School and Locker Rooms are off limits, Outside Satellite restrooms available. Each team will be assigned their own Satellite restroom.
- No sport drinks or gum are allowed on the artificial turf (Gatorade, Powerade, etc.)
- All team camps will be outside the track area!
- Let's all remember that this will be the first meet in over two years for many of our student-athletes and let's allow for a lot of learning, teaching, and understanding!
- We will be allowing up to 360 fans on a first come first serve basis. We should be good though with the coming and going of people. Make sure that all of the spectators are masking at all times.

## Relay Exchange Duties

### 4X200 Meter Relay

- 1<sup>st</sup> and 3<sup>rd</sup> Exchanges – Roseville - Forest Lake
- 2<sup>nd</sup> Exchange – Starter and Roseville

### 4X100 Meter Relay

- 1<sup>st</sup> Exchange – Stillwater
- 2<sup>nd</sup> Exchange – Mounds View
- 3<sup>rd</sup> Exchange – East Ridge

### 4X400 and 4X800 Meter Relays

- All Exchanges – Starter