

# 2022 Suburban East Conference Junior Varsity Boys Track and Field Championships

Site: East Ridge High School

Date: Tuesday May 17

## **Participating teams:**

### **Suburban East Conference Teams (10 teams)**

Cretin-Derham Hall

Forest Lake

Irondale

Mounds View

Park

Roseville

Stillwater

White Bear Lake

Woodbury

East Ridge

## **Order of Events:**

3:30pm – Coaches Meeting

3:45pm – Pole Vault

4:00pm – Field Events

4:00pm – Running Events

## **Entries:**

- 1) Junior varsity and under only.
- 2) Unlimited entries in all individual and 1 relay team per school. While unlimited please show discretion with your athletes. This is not the meet to try out something for the first time.

## **Roster/Competitor #:**

Athletes will have competitor numbers that will be written on their hand. Please have rosters finalized in athletic.net by **Sunday, May 15th at 8:00pm.**

## **Scoring:**

Ribbons will be given to 1st- 6th place

Individual Events (8 teams) 10-8-6-5-4-3-2-1

Relays (8 teams) 15-12-9-6-4-3-2-1

## **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:**

Final meet results will be emailed out following the conclusion of the meet and available on athletic.net.

## **Relay Exchange Duties:**

4 x 200

- exchange zone 1 (#'s 2 and 4) Park / East Ridge

4 x 100

- exchange zone 1 Cretin Derham Hall / Forest Lake
- exchange zone 2 Roseville / Woodbury
- exchange zone 3 Stillwater / White Bear Lake

Finish line exchange zone – Starter

## **Supplemental Information:**

- Turf is used for warm up purposes only. Team camps can be located in visitors' bleachers or grass field outside of track.
- Please have your team clean up at the conclusion of the meet.
  - a. NO FOOD IS ALLOWED ON THE INFIELD/TURF.
- Instruct your athletes to listen to the P.A. announcer and to the calls given for each event.
- Concession stand WILL BE available. Coaches will be provided with a meal ticket.
- If there is inclement weather, athletic directors and coaches will be notified by noon of meet cancellation.
- ¼ inch pyramid spikes
- Please no tape on the track, we prefer non-adhesive or chalk markers only.
- There are porta potties near the track. Please keep athletes out of the ERHS building

## **MEET SCHEDULE**

### **3:30 pm Coaches Meeting**

**3:45 pm Pole Vault** - Opening height 6', 7', 7'6", then up 6" from that point (confirmed at coaches meeting)

### **4:00 pm Other Field Events**

#### **Horizontal Jumps –Starting at 4:00pm- pits close at 6:30pm**

- All athletes will get 3 attempts
- The jumps will be cafeteria style.

#### **Vertical Jump –Starting at 4:00pm**

- High Jump – Opening height 4', 4'3", 4'6", 4'8", and then up by 2" from that point (confirmed at coaches meeting)

**Throws- Starting at 4:00pm- close at 6:30pm**

- All Athletes get 3 attempts
- The throws will be cafeteria style

**4:00pm Track Events**

4 X 800 Meter Relay
110 Meter High Hurdles
100 Meter Dash
4 x 200 Meter Relay
1600 Meter Run
4 x 100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4 x 400 Meter Relay