

## ***Section 5AA Track and Field Schedule***

1<sup>st</sup> place in each heat plus the next fastest times to fill all lanes will advance in all running events 400m or less and the hurdle events.

Boys 800m run and Girls 800m run 3 heats for each gender.

Top 3 in each heat plus the next fastest 3 times for a total of 12 runners to the finals

The 1600m and the 3200m will be run in 2 sections. The fast section will be run last.

### **Day 1 May 29**

Coaches meeting at 1:20 room 208

National Anthem at 1:50

2:00 p.m. field events start

2:30 p.m. girls 100m high hurdles semis 5 heats

2:45 p.m. boys 110m high hurdles semis 5 heats

3:00 p.m. girls 100m dash semis 6 heats

3:20 p.m. boys 100m dash semis 6 heats

3:40 p.m. girls 3200m run section 1

4:00 p.m. boys 3200m run section 1

4:20 p.m. girls 400m dash semis 4 heats

4:40 p.m. boys 400m dash semis 5 heats

5:00 p.m. girls 300m hurdles semis 5 heats

5:20 p.m. boys 300 m hurdles semis 5 heats

5:40 p.m. girls 800m run semis 3 heats

6:00 p.m. boys 800m run semis 3 heats

6:20 p.m. girls 200m dash semis 5 heats

6:35 p.m. boys 200m dash semis 5 heats

6:55 p.m. girls 3200m run section 2

7:15 p.m. boys 3200m run section 2

**Day 1 awards will be given out at 11:30 a.m. Friday following national anthem.**

**Day 2 awards will be given immediately after the results are final.**

## **DAY 2**

Coaches Meeting 10:51 a.m. room 208

National Anthem 11:20 a.m.

First Day Awards 11:30 a.m.

11:30 a.m. Field Events Start

12:00 p.m. girls 3200m relay 1 section

12:20 p.m. boys 3200m relay 1 section

12:40 p.m. girls 100m high hurdle finals

12:50 p.m. boys 110m high hurdle finals

1:00 p.m. girls 100m dash finals

1:05 p.m. boys 100m dash finals

1:15 p.m. girls 4 x 200m relay finals (2 sections)

1:25 p.m. boys 4 x 200m relay finals (2 sections)

1:35 p.m. girls 1600m run (2 sections)

1:55 p.m. boys 1600m run (2 sections)

2:15 p.m. girls 4 x 100m relay finals (2 sections)

2:25 p.m. boys 4 x 100m relay finals (2 sections)

2:35 p.m. girls 400m dash finals

2:45 p.m. boys 400m dash finals

3:00 p.m. girls 300m hurdles finals

3:10 p.m. boys 300m hurdles finals

3:20 p.m. girls 800m run finals

3:30 p.m. boys 800m run finals

3:40 p.m. girls 200m dash finals

3:50 p.m. boys 200m dash finals

4:05 p.m. girls 4 x 400m relay (2 sections)

4:20 p.m. boys 4 x 400m relay finals (2 sections)

# Field Event Time Schedule

**ALL FIELD EVENT ATHLETES MUST CHECK IN  
BEFORE COMPETITION BEGINS BOTH DAYS.**

## **Day 1      Wednesday May 29**

### Triple Jump Boys @ Long Jump Girls

Flight 1 2:00-2:30	warm up for flight 2 2:30-2:40
Flight 2 2:40-3:10	warm up for flight 3 3:10-3:20
Flight 3 3:20-3:50	warm up for flight 4 3:50-4:00
Flight 4 4:00-4:30	warm up for flight 5 4:30-4:40
Flight 5 4:40-5:10	warm up for finals 5:24-5:34

Finals @ 5:35

### **BOYS SHOT PUT AND GIRLS DISCUS**

We will start at 2:00. There is a 10 minute warm up period but if the throwers are ready they could start before the 10 minute warm up period is over. These 2 throws may not necessarily follow the time schedule as listed above in the long jump/triple jump.

**Boys Pole Vault and Girls High Jump will start at 2:00.**

**Warm up for the pole vault will begin 1 hour before competition begins.**

## **Day 2      Friday May 31**

### Long Jump Boys @ Triple Jump Girls

Flight 1 11:30-12:00	warm up for flight 2 12:10-12:20
Flight 2 12:20-12:50	warm up for flight 3 12:50-1:00
Flight 3 1:00-1:30	warm up for flight 4 1:30-1:40
Flight 4 1:40-2:10	warm up for flight 5 2:10-2:20
Flight 5 2:20-2:50	warm up for final 3:05-3:15

Finals @ 3:15

**GIRLS SHOT PUT AND BOYS DISCUS @ 11:30**  
(see note above for flight start times)

**Girls Pole Vault and Boys High Jump will start at 11:30**

**Warm up for pole vault will begin 1 hour before competition begins**

## **FIELD EVENTS**

**All field event athletes must check in before the competition begins on each particular day. Jumps Rule 6.2 art 8 Throws Rule 7.2 art.6 No exceptions. On Day 1 your 5<sup>th</sup> flight athletes have to check in themselves by 2:00. Day 2 your 5<sup>th</sup> flight athletes must check themselves in by 11:30. Failure to do so means that athlete does not jump. Not appealable.**

**The only situation that an athlete can switch flights would be if that athlete were in the same flight in both a Throw and the Long or Triple jump. This request must come before the start of competition on Day 1 or Day 2.**

### Day 1 Field Events

Triple Jump Boys Long Jump Girls Boys PV Girls HJ Boys Shot Put Girls Discus

### Day 2 Field Events

Long Jump Boys Triple Jump Girls Girls PV Boys HJ Girls Shot Put Boys Discus

### **Long/Triple Jump**

Each preliminary flight will be up to 30 minutes in length. Jumpers will jump cafeteria style. There will be a 10-minute warm up between flights. Make sure LJ's and TJ's check in. If you have to leave to compete in another event make sure the event judge is notified. Use proper forms. I have plenty of copies which you can get at the coaches meeting each day. The finals will be flighted but any jumper may jump early to avoid conflict with a running event.

### **Shot Put/Discus**

The weigh in for implements will end at 1:20 p.m. on Wednesday May 30.

The weigh in for implements will end at 10:50 p.m. on Friday June 1.

Weigh in is under the stands at the east side of the stadium. We will mark only the legal implements. All implements will be returned to the athletes. The athlete will show the event judge the colored mark on the implement before throwing. Any athlete using an illegal implement will be disqualified from the event.

We will have preliminary flights. When one flight is finished we will start the next flight when the athletes are ready. It may be shorter than 10 minutes.

### **High Jump 2 inch rises**

Girls open at 4'7"                      Boys open at 5'6"

### **Pole Vault The first raise will be 1 foot followed by 6 inch rises for both genders.**

Girls open at 7'7"                      Boys open at 10'8"

WARM UP FOR POLE VAULT STARTS 1 HOUR BEFORE COMPETITION EACH DAY.

COACHES CAN VIDEO TAPE THE POLE VAULT AND HIGH JUMP IN A RESTRICTED AREA INSIDE THE COACHES BOX. THE COACH CAN VIEW THE VIDEOTAPE AND CAN SHOW THE ATHLETE THE VIDEO IN THE COACHES BOX. ONLY COACHES CAN VIDEOTAPE IN COACHES BOX.

### GENERAL INFORMATION

## **Team Drop Off**

\*\*\*\*\*Please have your teams dropped off and picked up on Hewitt Avenue.

Hewitt Avenue is 1 block south of the stadium entrance.

## **DO NOT drop off and pick up directly in front of the stadium.**

They need to keep the road in front of the stadium clear at all times.

## **Team Camps**

The team camps will be in the fieldhouse or in the areas inside of the stadium.

**PLEASE Do** not camp between the jumping pits on the west end of the stadium.

## ***Entering the stadium***

Only athletes with school issued uniforms on will be allowed in for free.

**It is very important that all athletes get a mark on their hand when first entering the stadium.**

Coaches please identify yourself when you are entering the stadium.

\*\* The black gate on the west end of the stadium can be used to bring vaulting poles into the stadium. This gate will be locked 45 minutes before the start of the field events each day. \*\*\*\*

## **RESTRICTED AREAS**

### **No one is allowed inside of lane 9 except competing athletes and meet workers.**

Other restricted areas include along the track by the home stretch and finish line area.

No one is allowed on the football field.

Find another place to talk to your athletes in running events and to give splits.

I will provide a place for your pole vault and high jump coaches to observe their jumpers.

Only one coach in these areas at one time.

**There will be no non-pole vault/high jump athletes sitting with the pole vault/high jump coaches.**

**\*\*\*Please let your pole vault and high jump coaches know this.\*\*\***

**Coaches** pick up your packets when you enter the Klas Center. I will have them on a table. There will be a place to write down any athletes you are scratching.

The coaches meeting will be in Room 208 40 minutes before the start of field events on the second floor like last year.

**The running/field event time schedules are online at MSHSL.org under region 5AA on far right.**

### **MISC. TO GO OVER WITH YOUR TEAM AND COACHES**

**NO CELL PHONES OR ELECTRONICS USE IN RESTRICTED/COMPETITION AREAS.**

**Please** review all of the information in the packet with your coaches and athletes; especially camp locations and the pole vault/high jump areas.

### **No spikes in the halls of the fieldhouse.**

I will include relay team lane assignments in the Wednesday Day 1 program.

**Clerk of Course will be on the west end of the track.**

Stay away from the camera at finish line and the finish line.

Tape is okay for relay exchanges. Bring your own tennis ball in case it is raining, as the tape may not stick. **No chalk.**

You can use your own baton for relays.

There will be a first call 15 minutes before a race starts. There will be a second call 10 minutes before a race. There will be no last call.

The large stadium clock is the official meet time.

The trainer will be on the **EAST** side of the stadium by the finish line.

Race results will be posted on the west side of the stadium.

If an athlete misses their award presentation, have the athlete see the award steward.

Remember to pick up your state meet passes from Sam after the meet if you have an athlete competing in the state meet.

**There will section t-shirts available for sale.**

# SECTION 5 AA TRACK AND FIELD RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>PERF.</u>	<u>YEAR</u>
<b>100 M</b>	Chi Chi Ojika	Irondale	10.73	2008
	Kadeshia Fortune	Washburn	11.88	2003
<b>200 M</b>	Antwon Simmons	North	21.62	2003
	Sasha Davis	Park Center	24.20	2010
<b>400 M</b>	Richard Harkwell	Totino Grace	48.5	1984
	Deborh Cordner	St. Louis Park	56.07	1998
<b>800 M</b>	Harun Abda	Fridley	1:53.39	2009
	Maddie Sjelin	STMA	2:14.51	2012
<b>800M</b>	Mark Braun	Irondale	2:03.21	2012
<b>Wheelchair</b>	JoLynn Super	SLPSA	4:05.53	2011
<b>1600 M</b>	Nick Schneider	Benilde St. Marg.	4:08.35	2000
	Rachel King	STMA	5:01.45	2015
<b>1600M</b>	Mark Braun	Irondale	4:13.43	2011
<b>Wheelchair</b>				
<b>3200 M</b>	Nick Schneider	Benilde St. Marg.	9:01.00	2000
	Lisa Waananen	Maple Grove	10:49.22	2003
<b>110 M HH</b>	Matt Baker	Mounds View	14.53	2014
<b>100 M HH</b>	Alexandra Williams	Blaine	14.21	2014
<b>300 M IH</b>	Snonsio Boys-Weah	Park Center	37.80	2009
	Julia Hayes	Irondale	43.43	2015
<b>4X100 Relay</b>	Boys	STMA	42.02	2018
	Girls	Washburn	48.15	2004
<b>4X200 Relay</b>	Boys	Park Center	1:28.13	2014
	Girls	Washburn	1:40.76	2004
<b>4x 400 Relay</b>	Boys	Mounds View	3:21.11	2018
	Girls	Mounds View	3:56.95	2009
<b>4X800 Relay</b>	Boys	Blaine	7:56.56	2010
	Girls	Totino Grace	9:25.43.24	2012
<b>Shot Put</b>	Tim Biegert	Osseo	58' 11"	1978
	Courtney Pasiowitz	Coon Rapids	43' 1.25"	2013
<b>Wheelchair</b>	Mark Braun	Irondale	20' 9.75"	2011
<b>Shot Put</b>				
<b>Wheelchair</b>	Mark Braun	Irondale	47' 2"	2012
<b>Discus</b>				
<b>Discus</b>	Terrance Howard	Park Center	179' 11"	2015
	Lillian Painter	Cooper	143' 5"	2004
<b>High Jump</b>	Marcus Westberry	Washburn	6' 10.5"	1995
	Gina Curtis	Park Center	5' 9"	1996
<b>Pole Vault</b>	Jagger Gran	Mounds View	15' 0"	2012
	Julia Fixon	Mounds View	13' 6"	2018
<b>Long Jump</b>	Snonsio Boys-Weah	Park Center	23' .75"	2009
	Allison Gerads	Champlin Park	18' 7.25"	2014
<b>Triple Jump</b>	Kyeric Baynes	Anoka	47' 8"	2014
	Kou Luogon	Park Center	37' 7.5"	2002