True Team State Alternative
Wednesday May 26, 2021 – Rosemount High School

Track Events

12:30	Girls 4 x 800 Meter Relay (1 section)	3:30	Girls 400 Meter Dash (4 sections)
	Boys 4 x 800 Meter Relay (1 section)		Boys 400 Meter Dash (4 sections)
1:00	Girls 100 Meter High Hurdles (4 sections)	4:00	Girls 300 Meter Hurdles (4 sections)
	Boys 110 Meter High Hurdles (4 sections)		Boys 300 Meter Hurdles (4 sections)
1:35	Girls 100 Meter Dash (4 sections)	4:35	Girls 800 Meter Run (3 sections)
	Boys 100 Meter Dash (4 sections)		Boys 800 Meter Run (3 sections)
2:10	Girls 4 x 200 Meter Relay (1 section)	5:00	Girls 200 Meter Dash (4 sections)
	Boys 4 x 200 Meter Relay (1 section)		Boys 200 Meter Dash (4 sections)
2:30	Girls 1600 Meter Run (2 sections)	5:30	Girls 3200 Meter Run (1 sections)
	Boys 1600 Meter Run (2 sections)		Boys 3200 Meter Run (1 sections)
3:10	Girls 4 x 100 Meter Relay (1 section)	6:00	Girls 4 x 400 Meter Relay (1 sections)
	Boys 4 x 100 Meter Relay (1 section)		Boys 4 x 400 Meter Relay (1 sections)

<u>Field Events</u>

12:30 High Jump (boys and girls at the same time – 2 pits)
12:30 – 2:30 Long Jump
12:30 Shot Put (boys, then girls)
12:30 Pole Vault
3:00 – 5:00 Triple Jump (boys and girls at the same time – 2 pits)
12:30 Discus Throw (girls, then boys)

- Shot and Discus – four flights, 4 throws per athlete. Discus distances will be rounded to the lesser inch with no fractions. Shot put distances will be rounded to the lesser ¼ inch. Throws coaches will communicate a day prior to the meet to gather marks and seed flights.
- Pole Vault- Boys pole vault heights will be: 8-0, 9-0, 9-6, 10-0, 10-6, 11-0, 11-6, 12-0, 12-6, 13-0, 13-6, 14-0. High Jump- Boys heights will be 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-2, 6-4, 6-6. Long and Triple Jump – cafeteria style, 4 jumps per athlete. Distances will be rounded to the lesser ¼ inch
- Horizontal jumps will utilize 2 side-by-side runways and pits
  o Boys will be on the **East Runway**
  o Girls will be on the **West Runway**

Team Camps: Are to be located outside of the competitive areas. Prime locations would include the football practice fields to the west of the track, on top of the hill on the visitor side bleachers side of the stadium, or anywhere on the bowl hillside surrounding the track.

Boys Teams Competing: Blaine, Eden Prairie, Hopkins, Mounds View, Prior Lake, Rosemount, Stillwater, Wayzata
Girls Teams Competing: Edina, Hopkins, Lakeville South, Prior Lake, Rosemount, Minnetonka, Wayzata, Stillwater

Track Layout: We will have a second FAT system on the backstretch if wind dictates switching 100 and 110HH.

Clerking: under the white tent on the scoreboard end of the infield

Entries: Rosters will be downloaded from Athletic.net
*Teams are allowed up to **4** competitors/event*
3 will be used for True Team scoring
Please verify your attendance at this meet to allow for roster downloads

Competitor Numbers: Please use the rosters provided via email in the next couple of days. Numbers should be written neatly on top of the athletes right hand with the permanent markers.

Timing: Fast Finish Results will time and score. Live results will be available throughout at www.fastfinishresults.com.

Trainer: Will be available near the finish line.

Admission- Free! We want as many people as possible to enjoy this track meet.

Athletes will be allowed to warm-up on the infield.

Team Responsibilities: Rosemount will provide clerks and adult officials for all events. 2 student workers from each school would be helpful – or a parent if they want prime viewing opportunities.
Mounds View: two student workers for the horizontal jumps.

- No calls will be made for clerking as we will stay on the posted time schedule. Athletes should report to the clerk under the white tent **15 minutes prior** to the posted start time.

Scoring
We will utilize True Team scoring for this meet
1st place = 24, down to 1

Relay Events:
1st place: 32 points
2nd place: 28 points
3rd place: 24 points
4th place: 20 points
5th place: 16 points
6th place: 12 points
7th place: 8 points
8th place: 4 points