

- We will have automated timing for this meet. **Please make sure your MSHSL rosters are up-to-date no later than Friday, April 17!** All competitors should have a number that they should put on their left hand. Brandon will send out competitor numbers at least one day prior to the meet.
- 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.
- **3 entries per event, 1 relay team.**
- 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.
- No sport drinks or gum are allowed on the artificial turf (Gatorade, Powerade, etc.)
- All team camps will be outside the track area!
- Please see the attachment for your assigned lane for each running event.
- Please send in your entry fee of \$125.00 for one team and \$250.00 for both teams, if you haven't already ASAP! Please make checks payable to Roseville High School, and send to Jeff Whisler, Athletic Director, Roseville Area High School, 1240 W. Co. Rd. B2 Roseville MN 55113.

**Scoring for the Meet:** 10-8-6-5-4-3-2-1 for all events (8 places)

### **Meet Workers**

Roseville will provide all workers for the meet!

### **Relay Exchange Duties**

#### 4X200 Meter Relay

- 1<sup>st</sup> and 3<sup>rd</sup> Exchanges – St. Paul Central, East Ridge
- 2<sup>nd</sup> Exchange – Roseville, Starter

#### 4X100 Meter Relay

- 1<sup>st</sup> Exchange – White Bear Lake, St. Paul Harding
- 2<sup>nd</sup> Exchange – Waconia, St. Paul Highland Park
- 3<sup>rd</sup> Exchange – Forest Lake, Park Center

#### 4X400 and 4X800 Meter Relays

- All Exchanges – Starter

## **Lane Assignments**

Event	1	2	3	4	5	6	7	8
4X800 1 heat	Rose	PC	FL	SPC	WBL/ Hard	Wac	HP	ER
100H 3 heats	FL	SPC	HP	ER	Rose	WBL	PC	Wac
110H 3 heats	TBD							
100 3 heats	ER	WBL/ Hard	PC	FL	SPC	Wac	HP	Rose
4X200 1 heat	SPC	Wac	FL	HP	WBL/ Hard	Rose	ER	PC
1600 1 heat	SPC	HP	WBL/ Hard	Rose	ER	FL	PC	Wac
4X100 1 heat	HP	ER	WBL/ Hard	Rose	Wac	PC	FL	SPC
400 3 heats	Wac	PC	Rose	HP	ER	FL	SPC	WBL/ Hard
300H 3 heats	PC	Rose	ER	Wac	HP	SPC	WBL/ Hard	FL
800 1 heat	WBL/ Hard	Wac	HP	ER	PC	Rose	FL	SPC
200 3 heats	Rose	SPC	PC	WBL/ Hard	FL	ER	Wac	HP
3200 3 heats	ER	FL	PC	Wac	SPC	HP	WBL/ Hard	Rose
4X400 1 heat	WBL/ Hard	FL	Wac	PC	HP	SPC	Rose	ER

- We only have 7 lanes to for the Boys 110 Meter High Hurdles due to a retaining wall that we have near the start. Our clerk of start will put people into lanes and we may need to run a 4<sup>th</sup> heat of this race.

**Team Key**

ER – East Ridge

FL – Forest Lake

PC – Park Center

Rose – Roseville

SPC – St. Paul Central

Hard – St. Paul Harding

HP – St. Paul Highland Park

Wac – Waconia

WBL – White Bear Lake