

Suburban East Conference
Boys Sophomore & Under
Track & Field Championship Meet

White Bear Lake Stadium

Tuesday May 12, 2015

Time Schedule:

3:15 p.m. Coaches meeting at timer's stand

3:30 p.m. **Field Events Begin**

Long Jump, Triple Jump, High Jump, Pole Vault
Shot Put, Discus

3:45 pm. **Running Events Begin**

3200 m. Run (Section 1)

4X800 m. Relay (4:00 p.m. start, rolling schedule thereafter)

110 m. High Hurdles (fast to slow)

100 m. Dash (fast to slow)

4X200 m. Relay (2 sections if there are 9 teams)

1600 m. Run (fast section first – 2 runners per school, Alley start)

4X100 m. Relay (2 sections if there are 9 teams)

400 m. Dash (fast to slow)

300 m. Intermediate Hurdles (fast to slow)

800 m. Run (fast first, 4 sections if more than 35 runners, Alley start)

200 m. Dash (fast to slow)

3200 m. Run (section 2, fast section – 3 runners per school)

4X400 m. Relay (2 sections if there are 9 teams)

Scoring

Individual Events: 12 – 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Relay Events: 18 – 15 – 12 – 9 – 6 – 4 – 3 – 2 – 1

Entry Information Each school may enter 1 relay team per relay event and 5 athletes in individual events except the 1600 m. and 3200 m. Runs where you are allowed unlimited entries.

Your roster will be downloaded from the MSHSL Directory of schools and entered into HY-TEK which will assign each athlete a competitor number which they will use to enter individual events. Please be sure they write their number on the back of their hand or on a piece of tape affixed to the top front of their uniform jersey. A list of your athletes with assigned competitor numbers will be e-mailed to you along with this meet information. If a name is misspelled or missing please e-mail the information to Pete Heaney at petencyn@msn.com no later than Friday, May 8, thank you.

Running Events Information 3:45 p.m. start

Double alley starts will be used in the 4X800 Relay if there are 9 teams, the 800 m. Run, 1600 m. Run and 3200 m. run.

Alley 1 will include lanes 1 – 8 and start at the finish line.

Alley 2 will have a staggered start in lanes 5 – 8

Order of sections will be fast to slow except the 3200 m. Run

3200 m. Run – 2 sections, slow section at 3:45 p.m., fast section after 200 m. Dash with a limit of 3 runners per school.

1600 m. Run – 3 sections, 2 runners per school in section 1, remaining runners divided equally in sections 2 and 3

800 m. Run - 4 sections if more than 35 runners, 3 sections if 35 runners or less, 1 runner per school in sections 1 and 2

Hurdles and Dashes - The top 2 runners per school will be randomly seeded in the first 3 sections, 8 runners in sections 1 and 2, 2 runners in lanes 4,5 of section 3. The clerk will seed the remaining runners in the open lanes in section 3 and as few sections as possible with the last 2 sections as even as possible.

Coaches are responsible for telling their athletes their order of fastest to slowest in each race. The clerk of course will ask athletes to line up by school in the order their coach assigned and then place them in sections and lanes. All 8 lanes will be filled except the last two sections, which will be seeded as evenly as possible.

Field Events Information 3:30 start

Opening heights in the pole vault and high jump will be set at the coaches meeting, I propose 8', 9', 10', 10' 6", with 6" raises thereafter in the pole vault, 5', 5' 4", 5' 6", with 2" raises thereafter in the high jump.

Long & Triple jump will be 4 jumps run cafeteria style on separate runways. The pits will close at 7:00 p.m..

Shot Put and Discus will have 4 throws with 2 throwers from each school in the first flight and the event judge will place remaining throwers in the fewest possible evenly seeded flights of 8 to 12 depending on the number of throwers. Please let the event judge know your number of throwers as soon as possible.

Cretin-Derham Hall, East Ridge, Forest Lake and Mounds View will throw Discus then Shot Put; Park, Roseville, Stillwater, White Bear and Woodbury will throw Shot Put then Discus.

Relay Exchange Judges Each school is asked to provide 1 adult who is familiar with the rule change in the baton exchange as listed below.

4X100 m.	1 st exchange	Cretin-Derham Hall, East Ridge
	2 nd exchange	Forest Lake, Mounds View
	3 rd exchange	Park, Roseville

4X200 m. 1st and 3rd exchanges Stillwater, White Bear, Woodbury

All exchanges in the Finish Line area will be judged by the Starter, Meet Referee and Finish Line workers.

Jury of Appeals

Roseville, Stillwater, Woodbury, alternate White Bear Lake

Heat and Lane Assignments

Relay Events except the 4X800 m. relay will be run in 2 sections if 9 teams compete, the Clerk will condense to 1 heat if there are 8 or fewer teams.

For individual events run in lanes, the Clerk will fill in the open lanes in section 3 and add more sections as needed.

3200 m. Run – Section 1

Alley 2 – 1 runner per school

Alley 1 – All other runners, Clerk will place runners

4X800 M. Relay Waterfall start if 9 teams, lanes if 8 or fewer teams

MV, Park, CDH, Wood, FL, Rose, ER, Still, WBL

110 m. High Hurdles

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – East Ridge	1 – Forest Lake	1
2 – Mounds View	2 – White Bear	2
3 – Cretin-D. H.	3 – Woodbury	3
4 – Roseville	4 – Stillwater	4 – Park
5 – Forest Lake	5 – East Ridge	5 - Cretin-D. H.
6 – White Bear	6 – Mounds View	6
7 – Woodbury	7 - Park	7
8 – Stillwater	8 – Roseville	8

100 m. Dash

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – White Bear	1 – East Ridge	1
2 – Stillwater	2 – Park	2
3 – Mounds View	3 – Cretin-D. H.	3
4 – Woodbury	4 – Forest Lake	4 – East Ridge
5 – Park	5 – White Bear	5 – Roseville
6 - Roseville	6 – Woodbury	6
7 – Forest Lake	7 – Mounds View	7
8 – Cretin-D. H.	8 – Stillwater	8

4X200 m. Relay

Section 1	Section 2
Lane	Lane
3 – Forest Lake	3 - Woodbury
4 – Mounds View	4 – Park
5 – White Bear	5 – Cretin-D. H.
6 – Roseville	6 – East Ridge
7 – Stillwater	

1600 m. Run

Section 1 – 2 runners per school

Alley 1 – Wood., Still., Park, ER, CDH, Wood., Still., Park, E R, CDH

Alley 2 – WBL, FL, Rose., MV, WBL, FL, Rose., MV

Clerk will seed remaining runners as evenly as possible in Sections 2 and 3

4X100 m. Relay

Section 1	Section 2
Lane	Lane
3 – Park	3 – White Bear
4 – East Ridge	4 – Forest Lake
5 – Stillwater	5 – Roseville
6 – Woodbury	6 - Mounds View
7 – Cretin D. H.	

400 m. Dash

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – Park	1 – Roseville	1
2 – East Ridge	2 – Forest Lake	2
3 – White Bear	3 – Stillwater	3
4 – Forest Lake	4 – Woodbury	4 – Mounds View
5 - Roseville	5 – East Ridge	5 – Cretin-D. H.
6 – Stillwater	6 – Mounds View	6
7 – Cretin-D. H.	7 – White Bear	7
8 – Woodbury	8 – Park	

300 m. Intermediate Hurdles

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 - Cretin-D. H.	1 – Park	1
2 – Forest Lake	2 – Roseville	2
3 – East Ridge	3 – Mounds View	3
4 – White Bear	4 – Forest Lake	4 - Stillwater
5 – Park	5 – Cretin-D. H.	5 – White Bear
6 – Woodbury	6 – Stillwater	6
7 – Roseville	7 – East Ridge	7
8 – Mounds View	8 – Woodbury	8

800 m. Run

Section 1

Alley 1 - Cretin-D. H., Forest Lake, Park, Stillwater, Woodbury

Alley 2 – East Ridge, Mounds View, Roseville, White Bear

Section 2

Alley 1 – White Bear, Woodbury, Roseville, Mounds View, East Ridge

Alley 2 – Stillwater, Park, Forest Lake, Cretin-D. H.

Clerk will seed remaining in 1 Section if 17 or fewer, 2 Sections if 18 or more

200 m. Dash

Section 1	Section 2	Section 3
Lane	Lane	Lane
1 – Mounds View	1 – Forest Lake	1
2 – Park	2 – Stillwater	2
3 – White Bear	3 – Roseville	3
4 – East Ridge	4 – Mounds View	4 – Forest Lake
5 – Stillwater	5 – Cretin-D. H.	5 – Woodbury
6 – Cretin-D. H.	6 – Park	6
7 – Roseville	7 – East Ridge	7
8 – Woodbury	8 – White Bear	8

3200 m. Run – Section 2

Alley 2 – 1 runner/ school – Park, MV, Wood, ER, WBL, FL, St, Ro, CDH

Alley 1 – 1 runner/school in front row, remaining in 2nd row
CDH, Rose, Still, FL, WBL, ER, Wood, MV, Park

4X400 m. Relay

Section 1

Lane

2 – Woodbury

3 – Roseville

4 – Forest Lake

5 – White Bear

6 – Park

Section 2

Lane

2 – East Ridge

3 – Stillwater

4 – Mounds View

5 – Cretin-D. H.