

2nd ANNUAL MINNESOTA STATE UNIVERSITY – MANKATO VARSITY SHOWCASE MEET

HOSTED BY MINNESOTA STATE UNIVERSITY – MANKATO
Saturday, April 9th 2016

- ELIGIBILITY:** Open to ALL High School teams that meet the entry requirements. Team scores will be kept!
- WEBSITE:** The official meet website can be found off of our track and field sports page at www.msumavericks.com or by the direct link below:

-http://msumavericks.com/sports/2014/7/29/MTRACK_0729141630.aspx
- ENTRY INFORMATION:** **Online:** www.pttiming.com
Questions regarding the meet: christopher.parno@mnsu.edu
Entry Deadline: **Tuesday, April 5th, 2016 at 8:00pm**
- ENTRY LIMITS:** **Qualifying Standards:** Refer to the qualifying standards located on the meet website or on page 4 of this document. Please ensure that all athletes either meet or exceed these standards based on previous indoor/outdoor marks.

Entry limits in certain events will be enforced if needed to ensure timeliness of meet.

Relay Entries: Schools may enter 1 relay team. Please enter relay members during online registration. Please enter relays orders during entries. individuals need not be in individual event for relay entry to be accepted.
- ENTRY FEE:** \$175 per gender/\$300 per combined team. \$25 dollars per individual athletes. **NOTE:** entry fee's must be paid prior to or at the coaches meeting. Athletes will not be allowed to compete unless fee is paid prior to this time.

Checks can be made out to “**Minnesota State Mankato Athletics**” and mailed to:

Chris Parno
135 Myers Field House
Mankato, MN 56001
- PERFORMANCE LIST:** A performance list will be posted on www.pttiming.com by 6:00pm on **Wednesday April 6th, 2016**. Coaches will have until 12:00pm on **Thursday April, 7th 2016** to review the list for errors or scratches. Once this period ends, entries will be accepted as is and will be seeded as such. It's the **COACHES RESPONSIBILITY** to notify MSU at christopher.parno@mnsu.edu if errors are noticed. **THERE WILL BE NO CHANGES OR SUBSTITUTIONS ONCE THE PERIOD ENDS.**

- HEAT SHEETS:** Heat sheets will be posted on www.pttiming.com by **5:00pm on Thursday April 7th 2016**
- COACHES MEETING:** Located in HC1700 (in the hallway west of the track, looks for signs). Coaches meeting will start promptly at 10:00am. You may make payments, if needed at the meeting.
- TRACK:** The track is an 8-lane 200m track (all 8 lanes will be utilized) w/8 straightaway lanes for 60m dash. ¼ inch pyramid spikes will be allowed on MONDO surface. Results will be displayed on the video board directly after each race with paper copies posted on north wall above drinking fountains. There will be limited to no warm-up areas on the track; all warm-ups can be done in upper concourse of Taylor Center basketball arena. (No Spikes in Taylor Center – Signs will be posted)
- CHECK IN:** Hip numbers will be located in the Northwest corner of the facility under the large MSU purple tent. Check in for each running event will take place at the start line of the specific event. Field event check in will take place at the event area.
- TEAM AREA:** Team camp areas will be available in Taylor Center gym. No team camps will be allowed in the indoor track. Hurdles will be available for practice. Please do not remove hurdles from team area. **SPIKES ARE NOT ALLOWED IN TEAM AREA OR IN HALLWAYS.**
- SPIKES:** ¼ **exposed pyramid spikes ONLY!** Please do not abuse this rule to ensure our facility remains in great shape.
- LONG JUMP:** Located inside the track. Distance from take off board to pit is 8 feet. Approach is up to 120 ft. Open cafeteria-style pit for each horizontal jump section (refer to schedule). From the time teams arrive up until 10:45am, the runway will be open for approaches. There will be a 15-minute window directly before the start of each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!** The painted measurements on the runway are accurate for long jump only! Measuring tapes will need to be pulled for triple jump approach measurements.
- TRIPLE JUMP:** Located inside the track. Take off boards will be 28' 32' 34' 37' (marked off by cones). Open cafeteria-style pit for 1:30 hours upon the start of the event. From the time teams arrive up until 10:45am, the runway will be open for approaches. There will be a 15-minute window directly before the start of each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!**
- HIGH JUMP:** On the infield. We will be running 2 high jump pits. Opening height for girls will be 4'2" and bars will progress up 2 inches until 5'0", where bars will then

be progressed by 1 inch. Opening height for boys will be 5'5" progressing 2 inches each bar until 6'0" where bars will then be progressed by 1 inch.

POLE VAULT:

Located on inside of the track. Approach is approximately 120 ft. Opening height for girls will be 8'0" and bars will progress up 6 inches until 9'0", where bars will then be progressed by 3 inches. Opening height for boys will be 9'6" progressing 6 inches each bar until 11'6" where bars will then be progressed by 3 inches.

SHOT PUT:

Permanent throw ring is located on the infield on the north end of the facility.

LOCKER ROOMS:

There will be limited to no locker room use, please have your athletes dressed and ready to go upon arrival!

AWARDS:

Awards will be given to the top 3 in each event (engraved medals). The awards for each event will take place following the final of the event. Please inform your athletes to not leave the event area following the conclusion of the event. An "event staff" member will escort the top 3 individuals to the awards area. This year we will also award team title trophies for each gender!

SPIKES

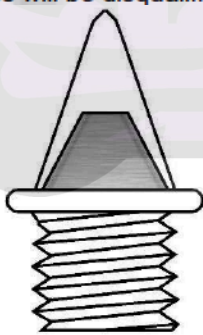
The only spike allowed on our Track facility is the 1/4" pyramid spike.

ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

Spikes must be checked prior to the start of your race. Anyone found using any spikes other than 1/4" Pyramid Spikes will be disqualified.



**NO
Christmas
Tree Spike
Pins**



**1/4"
Pyramid
"Cone Shape"
Only**



**NO
Needle
Spike
Pins**

2016 Boy's Qualifying Standards

Event:	Standard:
60m Dash	7.40
60m Hurdles	9.10
200m Dash (Limit 80 athletes/10 heats per gender)	24.00
400m Dash	56.50
800m Dash	2:10.00
1600m Dash	4:50.00
4x200m Dash	1:42.00
4x400m Dash	3:40.00
4x800m Dash	8:40 (2:10 average)
Shotput	40'
Long Jump	19'0"
Triple Jump	38'6"
High Jump	5'8"
Pole Vault	11'0"

2016 Girl's Qualifying Standards

Event:	Standard:
60m Dash	8.50
60m Hurdles	10.60
200m Dash (Limit 80 athletes/10 heats per gender)	28.50
400m Dash	66.50
800m Dash	2:45.00
1600m Dash	5:50.00
4x200m Dash	1:55.00
4x400m Dash	4:30.00
4x800m Dash	11:00.00 (2:45 average)
Shotput	30'
Long Jump	15'6"
Triple Jump	31'6"
High Jump	4'8"
Pole Vault	9'0"

Entries should be done based on these marks and the honor system will be used. We won't ask for proof of marks but please use previous year INDOOR or OUTDOOR marks.

Running Events

Schedule Below (we will roll schedule no more than 30 minutes more than times below)

Schedules will be posted around facility

Girls will run first except 60m hurdle final

Coaches Meeting	10:00am
National Anthem	10:55am
4x800m Relay	11:30am
60m Dash Prelims	12:00pm
60m Hurdle Prelims	12:30pm
1600m Run	1:00pm
60m Dash Finals (2 heat final)	1:45pm
60m Hurdle final (2 heat final)	2:00pm (Boys first girls to follow)
400m Dash	2:15pm
4x200m Relay	3:00pm
800m Run	3:30pm
200m Dash	4:15pm
4x400m Relay	4:45pm

Field Events

Shotput	11:00am	(Boys first, girls to follow)
Triple Jump	11:00am	(Girls first, boys to follow)
Long Jump (to follow triple jump)	1:00pm approx	(Girls first, boys to follow)
High Jump	11:00am	(Boys first, girls to follow)
Pole Vault	11:00am	(Girls first, boys to follow)

****3 jumps in horizontals - NO FINALS - 15 minute open runway between events****

Girls Triple Jump	10:45am - 12:00pm
Boys Triple Jump	12:15pm - 1:45pm
Girls Long Jump	2:00pm - 3:30pm
Boys Long Jump	3:45pm - 5:15pm

MSU VARSITY SHOWCASE MEET RECORDS

Girls

Event:	Mark	Name/School	Year
60	7.85	Jedah Caldwell - Chanhassen	2015
60h	9.20	Karina Joiner - East Ridge	2015
200	26.15	Jedah Caldwell - Chanhassen	2015
400	1:00.40	Maddie Gourley - Eagan	2015
800	2:28.02	Kayt Larson - Lakeville South	2015
1600	5:11.29	Emily Covert - Mpls. Washburn	2015
4x200	1:48.28	East Ridge	2015
4x400	4:12.01	East Ridge	2015
4x800	10:09.53	Minneapolis Washburn	2015
High Jump	5'6"	Caraline Slattery - Lakeville South	2015
Long Jump	17'8"	Allyson Weiss - East Ridge	2015
Triple Jump	38'10"	Allyson Weiss - East Ridge	2015
Shot Put	36'6"	Makenzie Hennen - Jordan High School	2015
Pole Vault	10'00	Samantha Petry - Waterville-Elysian-Morristown	2015

Boys

Event:	Mark	Name/School	Year
60	7.10	Sam Zenner - Eagan	2015
60h	8.59	Basil Muhammad - Columbia Heights	2015
200	23.55	Basil Muhammad - Columbia Heights	2015
400	52.62	Tanner Ogren - New Ulm	2015
800	1:56.28	Justin Hyytinen - Farmington	2015
1600	4:33.24	Chandler Klawitter - Hutchinson	2015
4x200	1:32.88	Eagan	2015
4x400	3:38.10	River Falls (WI)	2015
4x800	8:22.04	Stillwater Area	2015
High Jump	6'7"	David Zydowsky - Chanhassen	2015
Long Jump	22'4"	Chazz Johnson - Holy Family	2015
Triple Jump	41'1"	Josh Prater - Chaska	2015
Shot Put	50'4.25"	Evan Rector - Mankato West	2015
Pole Vault	13'0"	Ty Kold - Mankato West	2015