

GOPHER CLASSIC INDOOR TRACK & FIELD MEET

Presented by: University of Minnesota Men's & Women's Track & Field

Friday, March 22

GIRLS TEAMS

BOYS TEAMS

<p>Session I Friday, March 22 3:30 – 8:00 (This is a change)</p>	Buffalo Minnetonka Hopkins Two Rivers St. Croix Prep New Richmond, WI Coon Rapids Bloomington Kennedy DeLaSalle Blaine Prior Lake Burnsville Mpls. Southwest Farmington Howard Lake-Waverly Winsted Roseville Area Cambridge-Isanti Wayzata	Buffalo Minnetonka Hopkins Two Rivers St. Croix Prep New Richmond, WI Coon Rapids Bloomington Kennedy DeLaSalle Blaine Prior Lake Burnsville Mpls. Southwest Farmington Howard Lake-Waverly Winsted Bloomington Jefferson
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***Field Events:* Please bring indoor implements!**

Shot Put & Discus	Girls – Shot Put, switch to Discus net for half the allotted time. UNLIMITED THROWS Boys – Discus net, switch to Shot Put for half the allotted time. UNLIMITED THROWS Thirty-minute warm-up period during switch over.
Long/Triple Jump	Long Jump – both genders jump simultaneously for half the allotted time. UNLIMITED JUMPS Triple Jump – both genders jump simultaneously for half the allotted time. UNLIMITED JUMPS Thirty-minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height with 2” increments. Half the allotted time. Boys – 5 ft. opening height with 2” increments. Follow girls (20 min. warm-up)
Pole Vault	Boys – 8 ft. opening height with 6” increments. Half the allotted time. Girls – 6 ft. opening height with 6” increments. Follow boys (20 min. warm-up)

***Running Events:* Each session will be on a rolling time schedule.** Please advise your athletes to report to the clerk on the **first call**. All events will be Girls followed by Boys.

4x800 Relay	one/two section(s)	1600m Run	one/two section(s)
60m High Hurdles	two/three sections (9 lanes)	400m Dash	three/four sections (no blocks)
60m Dash	two/tree sections (9 lanes)	800m Run	two/three sections
4 x 200 Relay	one/two section(s)	JV 1600	one section (3 entries/team)
JV 4 x 200 Relay	one/two section(s)	4x400	one/two section(s)

G O P H E R C L A S S I C I N D O O R T R A C K & F I E L D M E E T

General Information

Coaches:

With each session, please arrive one hour before your competition begins and enter the Fieldhouse along University Avenue. Proceed to the east end (turf) of the Fieldhouse and set up your camps along the outside walls to allow for warm-up on the inside. Please, no gum, sunflower seeds or other foods are permitted on the turf. Please advise your parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing the shot put and pole vault. Fans will not be allowed on the turf area or along the north wall. Coaches will meet 30 minutes before each session.

*Please note that session I will begin at 3:30. This is a change due to a higher number of teams.

Each team is permitted (3) entries/individual event and (1) relay. For safety purposes, the JV mile will be limited to (3) entries. Please do not send entries!

A reminder that this is a time trial and by MSHSL rule, no school issued uniforms are permitted and it will be hand held time. Please encourage your athletes to wear clothing which identifies your school so our fans and officials will recognize the competitors. All fans are admitted free!

Athletes must report at **first call** for their event to the bleachers marked "Race Instructions". For all events requiring more than one section, the fast section shall run first. Athletes will be clerked as Section 1, 2, 3, 4, 5 or 6. Please advise your athletes in advance of the section they should run.

Athletes are not allowed to use **any** electronics within the area of competition! All electronic devices must stay at your team camp or in the bleachers. All types of watches are legal.

Each athlete will receive a hand-held time. Coaches are responsible for getting times from their athletes. The varsity and JV 1600 split and final times will be read at the finish and coaches will be responsible for timing their own athletes. Please help with counting laps for your athletes.

A warm-up time will be allotted 30 minutes prior to each session. **For liability reasons and per MSHSL rule, please** make sure a coach is present at the field event areas during warm-ups. Helmets are required during warm-ups at the pole vault.

Track surface is Beynon 2000; ¼" inch pyramid spikes are allowable.

All fair marks in the jumps and throws will be measured and announced. Coaches are responsible for getting performance data from their athletes.

Concessions (voted best hot dog in the Big Ten), t-shirts and special wrist bands will be on sale in the lobby.

Buses:

Drop off and pick up on University Ave. at the Fieldhouse. Buses will be asked to park along 6th St. between 23rd Ave. and 25th Ave. (between the Ski-U-Mah & Victory lots)