

Minnesota Open
 High School Spring Invitational
 University of Minnesota Track & Field Stadium
 Hosted by Chaska High School
 Wednesday, May 3rd, 2023

Participating Schools: Chanhassen, Chaska, East Ridge, Forest Lake (boys), Minneapolis Southwest, Minneapolis Washburn, Minnetonka, Simley, St. Louis Park, Visitation (girls)

Running Schedule:

Athletes and relay teams **must** report to the clerk at the “**report time**” prior to competition.
 1:30 - 2:35 Warm-up session (the track will be cleared prior to the first event)

<u>Race Time</u>				<u>Report Time</u>
2:45	Girls	4 x 800	One Section	2:30
3:00	Boys	4 x 800	One Section	2:45
3:15	Girls	100 HH	Three Sections	3:00
3:30	Boys	110 HH	Three Sections	3:15
3:45	Girls	100m	Three Sections	3:30
3:55	Boys	100m	Three Sections	3:40
4:15	Girls	4 x 200	One Section	4:00
4:20	Boys	4 x 200	One Section	4:10
4:25	Girls	1600m	Two Sections	4:15
4:40	Boys	1600m	Two Sections	4:25
4:55	Girls	4 x 100	One Section	4:40
5:00	Boys	4 x 100	One Section	4:50
5:05	Girls	400m	Three Sections	4:55
5:15	Boys	400m	Three Sections	5:05
5:30	Girls	300 LH	Three Sections	5:15
5:40	Boys	300 IMH	Three Sections	5:25
5:55	Girls	800m	Two Sections	5:40
6:05	Boys	800m	Two Sections	5:50
6:15	Girls	200m	Three Sections	6:00
6:30	Boys	200m	Three Sections	6:15
6:40	Girls	3200m	One Section	6:30
6:55	Boys	3200m	One Section	6:45
7:10	Girls	4 x 400	One Section	6:55
7:15	Boys	4 x 400	One Section	7:05

Field Events: LJ/TJ will be conducted cafeteria style with 4 jumps and no finals.
 SP/D will be conducted in three flights with 4 throws and no finals.
 Two HJ pits and two PV pits (one for each gender)

Field Schedule:

2:45 – 4:45	Girls Discus	Boys Shot Put
Flight 1 (2:45 – 3:15)	Flight 2 (3:30 – 4:00)	Flight 3 (4:15 – 4:45)
5:00 – 7:15	Girls Shot Put	Boys Discus
Flight 1 (5:00 – 5:30)	Flight 2 (5:45 – 6:15)	Flight 3 (6:30 – 7:00)
2:45 – 4:45	Girls Long Jump	Boys Long Jump (two runways simultaneously)
5:00 – 7:00	Girls Triple Jump	Boys Triple Jump (two runways simultaneously)
3:00 – 6:00	Girls High Jump	Boys High Jump
3:00 – 6:00	Girls Pole Vault	Boys Pole Vault

Entries:

Three entries for all individual events and one relay.

All races will be timed finals. Fastest section shall be run last when there are multiple sections.

Entry Procedure:

Entries will be done online at www.wayzataresults.com (Monday, May 1st 8:00 p.m. CDT).

Click on Minnesota Open High School Spring Invitational and follow directions to Athletic.net

Electronic Devices

NFHS rules pertaining to electronic equipment will be strictly enforced. The use of electronic devices is not allowed in the competition area which is defined as anywhere inside the fence surrounding the track.

Facility Access

Team access to the Track & Field Stadium will begin 90 minutes prior to the start of the first event (1:15). On track warm-ups may begin at 1:30.

Infield Access

Access to the infield is reserved for competing athletes only! Coaches may not access the infield for safety reasons. Observation of field events must be from outside the event venue. All non-competing athletes must be outside the track fence.

Implements

All throwing implements must be weighed and inspected at the equipment storage building on the east end of the track between 1:15 and 2:15.

Spike Check

Only 1/4" pyramid spikes are permitted (3/8" recessed pyramid spikes are permitted for the High Jump). All spikes will be checked at the clerking area.

Starting Heights

Exact starting heights will be determined by meet management after all entries are received.

Tape

Tape for any marking on the track must be white athletic tape. NO other tape will be allowed and no chalk is to be used on runways or high jump surfaces. Tennis balls are recommended but not provided for relay marks and no unyielding objects (bottle caps) may be used.

Team Camps

Team camps must be set up on the West/Northwest end of the track on the grassy areas.

Warm-ups

Warm-ups may begin on the track and at field event venues starting at 1:30. There must be a coach or field event official present at all field events prior to warm-ups beginning. The track will be cleared 10 minutes prior to the first track event. The back stretch may be used during main straightaway events and when non-lane events are in session.

Admissions: All cashless ticket sales. Purchase in advance at [CHS GoFan](#) or by credit card at the gate.

- Ticketing gates open at 2:00 PM.
- General Admission - \$7.50 + fees (ages 5+)
- Should you need any help with navigating this ticketing system, check out the [GoFan How To Guide](#)

The online ticket link is: <https://gofan.co/app/events/882441?schoolId=MN12757>

Spectators should enter using the road by Cowles Stadium in the Athlete's Village area.

Parking

General parking is available in the Fourth Street Ramp and Lot C37. Prices are subject to change and rates may vary based on specific lots and other events on campus.

Team buses may drop off and pick-up on the Athlete's Village service road between Bierman Athletic Building and Larson Football Performance Center. Team buses should enter at 516 15th Ave. SE, proceed to the back of the building, drop off by the gold Minnesota sign and exit on SE 8th St.

Buses will be asked to park along 6th Street between 23rd Ave. and 25th Ave. (Between the Ski-U-Mah and Victory Lots). Buses will NOT be allowed to stage in Athlete's Village, please call your bus driver when your team is ready to be picked up.

Trainers

The trainers will be located on the east side of the grandstand.

Weather Policy

In the event of inclement weather the stadium must be cleared, everyone may take shelter under the stadium. Please follow all PA instructions regarding weather.

Head Coaches

Meet promptly at 2:00 in the east storage building.

Coaches will observe and officiate all exchange zones following this schedule:

4 x 200	Exchange 1 & 3 Exchange 2	Minnetonka, East Ridge & Chanhassen Chaska, SLP & Washburn
4 x 100	Exchange 1 Exchange 2 Exchange 3	Simley, Southwest & Forest Lake Minnetonka, East Ridge & Chanhassen Chaska & SLP
4 x 400	Exchange 1	Washburn, Southwest & Forest Lake

Copy and post at team camp

MINNESOTA OPEN

<u>Race Time</u>		<u>Event</u>	<u>Sections</u>	<u>Report Time</u>
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Event

4 x 800 Relay

Start line/alley is green, cut after one turn at the green break line. All exchange zones are (blue to blue).

100/110 High Hurdles

Start line is white. Hurdle marks are yellow (girls) 33", blue (boys) 39".

100 Dash

Start line is white.

4 x 200 Relay

Start line is black. First exchange (black to black), second exchange (black to black), last exchange (gold to gold). Lanes all the way.

1600

Double waterfall alleys are white. Hold alleys for one turn, cut at the break line (green).

4 x 100 Relay

Start line is white. All zones (gold to gold).

400

Start line is white. Lanes all the way.

300 L/IM Hurdles

Start line is white. Hurdle marks black, (girls) 30", (boys) 36".

800

Start line/alley is green. Hold lane/alley for one turn, cut at the break line (green).

200 Dash

Start line is white.

3200

Double waterfall alleys are white. Hold alleys for one turn, cut at the break line (green).

4 x 400 Relay

Start line is red. Leadoff runner lanes all the way. First exchange (blue to blue) in lanes. Second runner hold lane, cut at the break line (green). Second and third exchanges are (blue to blue).