

True Team Section - 7AAA

WEDNESDAY MAY 10, 2023 - EDEN PRAIRIE HIGH SCHOOL

2:00pm Implement Weigh In (in the South Garage beneath the home bleachers)

2:45 pm Head Coaches meeting (near the finish line)

1:30pm Field Events Begin

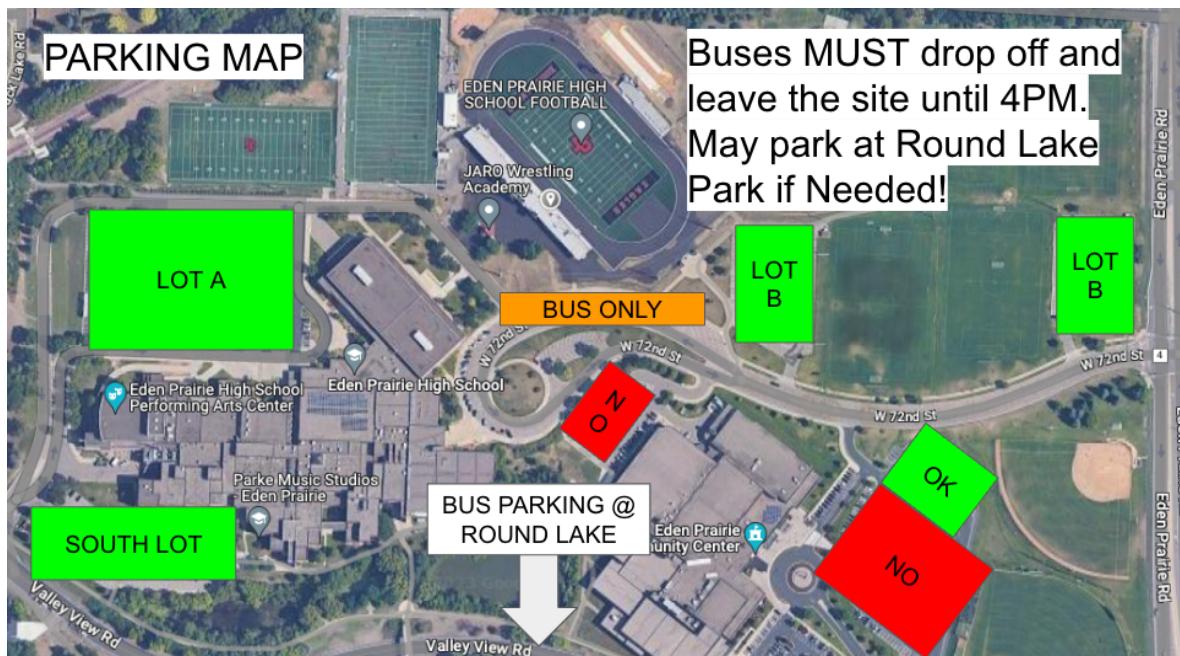
3:30pm Track Events Begin

7AAA Teams Competing in 2023:

Chaska, Eden Prairie, Hopkins, Minnetonka, Robbinsdale Armstrong, Waconia, Wayzata

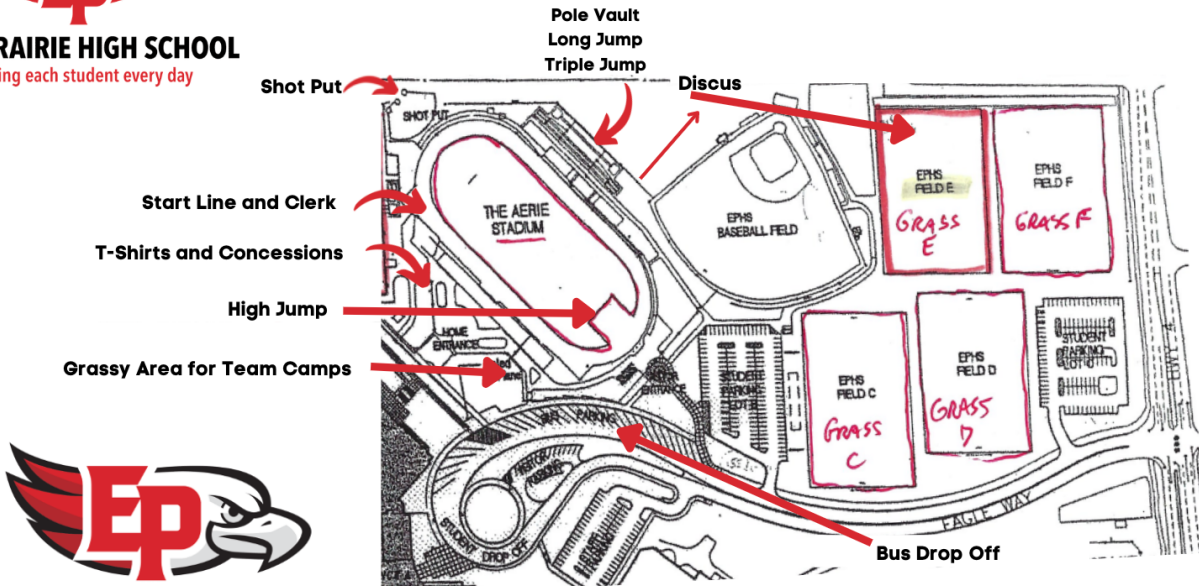
Arrival/Bus Drop Off & Parking:

- Buses will be directed to drop off on the East Side of EPHS in the bus loop or via Student Lot B. It is recommended that buses arrive prior to 3pm as the bus loop will close for a brief period of time for Eden Prairie's dismissal and bus loading.
- Buses must unload then leave EPHS. Bus Parking is available at Round Lake Park until after 3:45pm.
- Be Advised that EPHS will be in session until 3:20PM - for security purposes, all indoor school facilities will be off limits until 3:30PM.
- Parking will be tight until after school is dismissed. Coaches and athletes are encouraged to use bus transportation. Please encourage spectators to park in a school lot and avoid the Eden Prairie Community Center's parking lot. Violators may be ticketed at the owner's expense.



Team Camps:

- Team camps must be located outside the competition area. The grassy knoll south of the home bleachers near the concessions stand is the recommended area for team camps. Turf B may also be made available.
- **NO CAMPING ALLOWED near the jumps and pole vault area - this must remain clear and spectator-friendly.**
- In the event of inclement weather, the Activity Center will be made available for team camps.
- Please help make sure all camp areas are clean before leaving the site.



Competitor Numbers:

- Please use the rosters provided in your packet for competitor numbers. Numbers should be written neatly on top of the athletes right hand with the permanent markers.

Trainer:

- Our on-site trainer from TCO will be available near the finish line.

Admissions:

- There will be an admission charge for all spectators. Tickets can be [purchased online](#) in advance or at the gate: \$7.00 for Adults, \$5.00 for students. Athletes must be wearing a school issued uniform in order to get in with no charge.
- Athletes must report to the clerk at least 15 minutes prior to their running event. Please have all four members of your relay report. The clerking area is located at the north end of the straight away behind the 100m start line. The garage at the north end will be used if weather is an issue.
- Field event athletes must check-in directly at their event site.

Clerking and Warm-Ups:

- Please instruct your athletes to listen to the P.A. announcer for calls or report information. We will follow the time schedule unless inclement weather necessitates moving ahead.
- A warm-up area will be provided in the infield. Only athletes warming up are to use this designated area. All other athletes are asked to remain off the infield
- Coaches are allowed on the infield, but asked to remove any athletes that are not competing from the field immediately.

Other Items:

- Please instruct your athletes that all electronic devices are strictly prohibited in the area of competition. Coaches may film their athletes but may only share the video outside the area of competition. Please be respectful of the areas directly surrounding each field event.
- We will use FAT for this meet. Results will be posted live on Wayzata Results’ website.
- Concessions will be available for the duration of the meet. Chick Fil A sandwiches will be for sale!
- Only meet workers/volunteers and head coaches allowed in the Press Box.
- Pole Vault may be moved indoors in the event of inclement weather.
- **Inclement Weather Date is Friday, May 12th**

Entry Information:

- All entries and timing will done by Josh Gerber of WayzataResults.inc
 - Go to: www.wayzataresults.com or Athletic.net
 - You should have already been “invited” to the meet.
 - Click on “resister athletes” under Section 7AAA True Team
 - Once there please select the athletes that will be competing on meet day (to do this select the check box next to the athlete labeled.
 - You may submit your roster when finished - please note there will NOT be any events to put your athletes in.
 - **Have your roster declared by Thursday, May 4th at 9:00 PM.**

Note: It is generally accepted your True Team roster includes up to 50 athletes. It is not a requirement to stay under 50. You will only be allowed to enter 50 athletes for the State True Team Meet.

Team Responsibilities:

Adult field workers are in charge of the event – Eden Prairie will provide all field event materials.

Waconia	Provide an adult worker and two student workers for the pole vault.
Chaska	Provide an adult worker and two student workers for the shot put.
Wayzata	Provide an adult worker and two student workers for the long jump.
Armstrong	Provide an adult worker and two student workers for the discus.
Hopkins	Provide an adult worker and two student workers for the high jump.
Minnetonka	Provide an adult worker and two student workers for the triple jump.
Eden Prairie	Provide a clerk of course, three student workers to assist with clerk (run sheets to press box), hurdle crew, and timing system.

Relay Exchange Judge Assignments:

4x100m (Yellow)

Zone 1: Chaska 2-4, Eden Prairie Lanes 5-8

Zone 2: Wayzata Lanes 2-4, Hopkins Lanes 5-8

Zone 3: Armstrong Lanes 2-4, Minnetonka Lanes 5-8

4x200m (White-White-Yellow)

Zone1: (White Marks): Minnetonka Lanes 2-4, Armstrong Lanes 5-8

Zone 2: (White Marks): Chaska 2-4, Wayzata Lanes 5-8

Zone 3: (Yellow Marks): Hopkins Lanes 2-4, Waconia Lanes 5-8

4X400m (Blue-Green)

Zone 1: Minnetonka Lanes 2-4, Waconia 5-8

4X800 Zone 1: (Green Marks) Eden Prairie

Scoring

Individual Events:

1st Place: 21 points, all other places will subsequently receive 1 less point per place.

Relay Events:

1st place: 28 points

2nd place: 24 points

3rd place: 20 points

4th place: 16 points

5th place: 12 points

6th place: 8 points

7th place: 4 points

SCHEDULE

Field Events:

1:30 Girls Pole Vault	4:30 Boys Pole Vault
1:30 Boys High Jump	4:30 Girls High Jump
3:00 Boys Long Jump	5:00 Girls Long Jump
3:00 Girls Triple Jump	5:00 Boys Triple Jump
3:00 Boys Discus Throw	5:00 Girls Discus Throw
3:00 Girls Shot Put	5:00 Boys Shot Put

- Shot and Discus – three flights, 4 throws per athlete. Discus distances will be rounded to the lesser inch with no fractions. Shot put distances will be rounded to the lesser $\frac{1}{4}$ inch.
- Pole Vault- Boys pole vault heights will be: 8-0, 9-0, 9-6, 10-0, 10-6, 11-0, 11-6, 12-0, 12-6, 13-0, 13-6, 14-0. Girls pole vault heights will be 5-0, 6-0, 6-6, 7-0, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0, 10-6, 11-0.
- High Jump- Boys heights will be 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-2, 6-4, 6-6. Girls heights will be 4-0, 4-2, 4-4, 4-6, 4-8, 4-10, 5-0, 5-2, 5-4, 5-6.
- Long and Triple Jump – cafeteria style, 4 jumps per athlete. Distances will be rounded to the lesser $\frac{1}{4}$ inch

Track Events:

3:30	Girls 4 x 800 Meter Relay	5:40	Girls 400 Meter Dash
	Boys 4 x 800 Meter Relay		Boys 400 Meter Dash
3:55	Girls 100 Meter High Hurdles (Yellow)	6:05	Girls 300 Meter Hurdles (White)
	Boys 110 Meter High Hurdles (Blue)		Boys 300 Meter Hurdles (White)
4:25	Girls 100 Meter Dash	6:35	Girls 800 Meter Run
	Boys 100 Meter Dash		Boys 800 Meter Run
4:45	Girls 4 x 200 Meter Relay	6:55	Girls 200 Meter Dash
	Boys 4 x 200 Meter Relay		Boys 200 Meter Dash
5:00	Girls 1600 Meter Run	7:20	Girls 3200 Meter Run
	Boys 1600 Meter Run		Boys 3200 Meter Run
5:25	Girls 4 x 100 Meter Relay	7:50	Girls 4 x 400 Meter Relay
	Boys 4 x 100 Meter Relay		Boys 4 x 400 Meter Relay

- All track events are run as a timed final (no preliminary heats)
- Dash and hurdle events will be run in three heats – teams encouraged to run fastest entrant in the last heat.
- The 800M First heat will have two athletes from each school and the second is encouraged to be the fastest athlete from each school.
- Distance events (1600, 3200) will have a single heat (all available coaches need to assist at finish).
- A single call will be made for each event 15 minutes before the start. At that time all athletes need to report to the clerking area (near the 100m starting line) for final instructions.

Awards and Qualifying for True Team State:

The top team in the True Team Section will advance to True Team State on Friday May 19 at Stillwater High School. The second through fifth teams have the opportunity to be a wild card entry at True Team State. There are four wildcards per gender from across the state. The top team in Section 7AAA will receive a team trophy and top 3 teams will receive team ribbons. Top 5 teams for each gender need to get True Team State information from the Meet Manager before leaving the site.

Any questions may be directed to Zach Hanson by email or phone.
zhanson@edenpr.org / (612) 280-7544

Thanks again for being a part of the Section 7AAA True Team Meet and good luck!

Your Meet Organizers,
Zach Hanson (Head Boys Coach)
Paul Selman (Head Girls Coach)
Russ Retz (EPHS Associate Principal of Student Activities)