

# LAKE CONFERENCE RELAYS - 2024

**Site:** Wayzata High School

**Date:** Friday, April 12, 2024

**Live Results:** [www.wayzataresults.com](http://www.wayzataresults.com)

## Meet Procedures:

**Clerk of Course:** Relays (in full) must report to the clerk of course located at the east end of the infield **15 minutes** before the scheduled event. Individual events should report with all members from their school/gender **15 minutes** before scheduled event.

**Warm-up Zone:** Athletes may use the warm-up zone designated on the infield before their event and after being clerked only. **No camping in this area!** Absolutely no spectators are allowed on the infield including team managers. Athletes should only be on the infield as they are warming up and cooling down.

## Order of Events and Time Schedule:

3:30	Girls 4x800m Relay	(Teams may run one varsity and one JV relay in 4x8
3:40	Boys 4x800m Relay	(Teams may run one varsity and one JV relay in 4x800)
3:57	Girls 100 High Hurdles	(3 sections, fastest to slowest)
4:06	Boys 110 High Hurdles	(3 sections, fastest to slowest)
4:18	Girls Open 100m	(3 sections, fastest to slowest)
4:27	Boys Open 100m	(3 sections, fastest to slowest)
4:38	Girls Sprint Relay	(100-100-200-400, 400m cuts after exchange)
4:51	Boys Sprint Relay	(100-100-200-400, 400m cuts after exchange)
4:59	Girls 4 x 200m Relay	
5:05	Boys 4 x 200m Relay	
5:11	Girls 1600m Run	(one section, 4 entries per team)
5:19	Boys 1600m Run	(one section, 4 entries per team)
5:29	Girls 4x100m Relay	
5:35	Boys 4x100m Relay	
5:41	Girls Open 400m Run	(3 sections, fastest to slowest)
5:50	Boys Open 400m Run	(3 sections, fastest to slowest)
6:02	Girls 300m Hurdles	(3 sections, fastest to slowest)
6:11	Boys 300m Hurdles	(3 sections, fastest to slowest)
6:23	Girls 800m Run	(3 sections, fastest to slowest 4 entries per team)
6:31	Boys 800m Run	(3 sections, fastest to slowest 4 entries per team)
6:40	Girls Sprint Medley Relay	(200-200-400-800, 400m runner cuts after exchange)
6:48	Boys Sprint Medley Relay	(200-200-400-800, 400m runner cuts after exchange)
6:56	Girls open 200m	(3 sections, fastest to slowest)
7:05	Boys open 200m	(3 sections, fastest to slowest)
7:14	Girls 3200m Run	(one section 4 entries per team)
7:26	Boys 3200m Run	(one section 4 entries per team)
7:41	Girls 4x400m Relay	
7:48	Boys 4x400m Relay	

## FIELD EVENTS: (3 entries per event)

3:00 – 4:45	Boys Long Jump	5:15 – 7:30	Boys Triple Jump
3:00 – 4:45	Girls Triple Jump	5:15 – 7:30	Girls Long Jump
3:00 – 5:00	Boys Pole Vault	5:15 – 7:30	Boys High Jump
3:00 – 4:45	Girls High Jump	5:30 – 7:30	Girls Pole Vault
3:00 – 5:00	Shot Put boys	5:30 – 7:30	Boys Discus
3:00 – 5:00	Discus girls	5:30 – 7:30	Girls Shot Put

# **Field Event Procedures:**

## **Long Jump/Triple Jump**

Jumps will be “cafeteria style” (open pit) for the allotted time for each gender. All competitors will receive (4) jumps; no finals. The competitions will end at the prescribed times and there will be one half hour of warm-up during the cross over.

## **Shot Put/Discus**

Both events will be conducted in three flights with one thrower from each school in each flight. The best thrower from each school shall compete in the third flight. Flights will last approx. 30 minutes each. All competitors will receive (4) throws. No finals.

## **High Jump**

Girls will start at 4’ and progressions will be 4’ 4”, 4’ 6” and 2” thereafter.

Boys will start at 5’ and progressions will be 5’ 6”, 5’ 8” and 2” thereafter.

With six jumpers left in competition, the bar will be raised in 1” increments until the final jumper.

The method of “five alive” is recommended.

## **Pole Vault**

Girls will start at 7’ and progressions will be 7’, 7’ 6”, 8’ and 6” thereafter.

Boys will start at 9’ and progressions will be 9’, 9’ 6”, 10’ and 6” thereafter.

With six jumpers left in competition, the bar will be raised in 3” increments until the final jumper.

The method of “five alive” is recommended.