

## Park Invite



*Tuesday, April 16, 2024*

### **Teams attending:**

- Woodbury (Boys)
- Cretin Derham Hall (Boys and Girls)
- Forest Lake Boys and Girls
- Hastings Boys and Girls

### **Entries:**

This is an unlimited entry meet. As this is a pre-seeded meet, please enter your athletes in athletic.net by 8:00am on April 16th.

### **Procedures:**

Please read the information and respond accordingly.

- 1) This will be a pre-seeded meet which means you will need to enter each athlete into the event(s) that they will be competing.
- 2) Each athlete should have a seed mark entered. You can do one of the following:
  - Enter a mark from the previous year (s)
  - Submit a speculative mark based on your best estimate of what they will be able to accomplish on meet day
  - You can enter a "no mark". All "no mark" entries will be seeded together in the slower heats of the running events. If we have room in some events like the 800m/1600m/3200m then we will likely have the 'no mark' athletes compete with all others.

3. Field events will be cafeteria so they will not be flighted. Thus you need not enter marks for your field event athletes. Simply enter their name into the event.

- Field event athletes need to sign in with field event judges at starting at 3:45pm.
- Long and Triple Jump will be run on the SEPARATE RUNWAYS in cafeteria style. Each competitor may have a total of three (3) attempts.
- The High Jump and Pole Vault will be run efficiently. Check out with the judge if you leave. Starting height determined at coaches meeting.

4. **IMPORTANT: The deadline for you to submit entries will be 8:00am on April 16th.**

5. If you forget to enter an athlete we will allow on a limited basis to find a heat/lane to add them into the meet. If necessary we will add an additional heat and they will be placed in the additional heat. However, please do your best to prevent this.

6. Heat sheets and live results will be posted at [www.advantagetiming.com](http://www.advantagetiming.com).

7. On first call, all athletes must report to the check-in area by the start of the 100M.

8. Please instruct athletes to know their heat/lane and to stay in their lane after the finish of the race.

9. We will upload results into athletic.net after the completion of the meet as well.

Please contact [pjwareham@stthomas.edu](mailto:pjwareham@stthomas.edu) with any questions or contact Park Girls Head Coach Ashley Acosta-Meyers ([accostal@sowashco.org](mailto:accostal@sowashco.org))

*Order of Events (on the next page)*

## Order of Events:

3:00 Buses arrive at the athletic entrance end of the campus: 8040 80th St. S.  
Cottage Grove, MN

3:30 Coaches Meeting

3:45 Sign up at Field Events

4:00 Field Events Begin:

**Pole Vault** - (Girls followed by Boys) Opening height determined at coaches meeting

**High Jump** - (Boys followed by Girls) Opening height determined at coaches meeting

**Triple Jump** (Boys, followed by Girls) - 3 attempts each, cafeteria style, pits close at 6:30

**Long Jump** (Girls followed by Boys) - 3 jumps each, cafeteria style, pits close at 6:30

**Shot put** - 3 throws/athlete (Girls followed by Boys)

**Discus** - 3 throws/athlete (Boys followed by Girls)

**4:00 Running Events Begin. Rolling schedule will be used:**

4 x 800 relay  
100 hurdles  
100 dash  
4 x 200 relays  
1600 run  
4 x 100 relay  
400 dash  
300 hurdles  
800 run  
200 dash  
3200 run  
4 x 400 relay

**Other Information:**

- Bus arrival to campus is 3:00, School is excused at 3:06.
- Only coaches and athletes competing/warming up on the infield - no parents and non-athletes. Coaches please help with this.
- Team camps must camp outside the stadium fence area. Under the stadium bleachers or on backstretch cement.

**Student Meet Workers - please report to your job by 3:45pm**

- **Long jump** – Woodbury (3)
- **Triple jump** – Forest Lake (3)
- **Shot Put/Discus** - Park (3)
- **Pole Vault** – Cretin Derham Hall (2)
- **High Jump** – Hastings (2)

## **Relay Exchange Responsibilities**

4 x 200 red - red - yellow exchanges  
exchange zone 1&3 Woodbury, CDH  
Finish line exchange zone 2 Forest Lake & Hastings

4 x 100 all yellow exchanges  
exchange zone 1 CDH  
exchange zone 2 Forest Lake  
exchange zone 3 Hastings & Woodbury

4 x 400 and 4 x 800 Meet Officials