

# LAKE CONFERENCE RELAYS - 2026

## Hopkins High School

FRIDAY, APRIL 10, 2026  
MEET INFO & PROCEDURES

### Hopkins High School Campus

#### Team Camps:

Team camp sites will be located outside the South East corner of the stadium, under the High Ropes Challenge Course or behind the bleachers of the homestretch in the outfield of the softball field. You may stake tents here.

#### IMPORTANT BUS INFORMATION

#### Arrival & Drop-Off:

Before 3pm, buses should drop off in the North Middle School bus lot off of Cedar Lake Road. After drop off, buses MUST exit this lot. Buses can also drop off along Hillside Ave, if there is curb space to pull over

After 3pm, buses can drop off and park in the Tanglen Elementary lot next to the stadium.

[DO NOT TRY TO ENTER THIS LOT BEFORE 3PM.](#)

#### Loading & Departure:

After 3pm, buses can park in the Tanglen Elementary parking lot.

After 3:45pm, buses can park in the North Middle School parking lot.

#### Warm Up Area:

Athletes may warm up on the Campus of Hopkins High School. Additionally, they are welcome to warm up on the back third of the infield--closest to the backstretch.

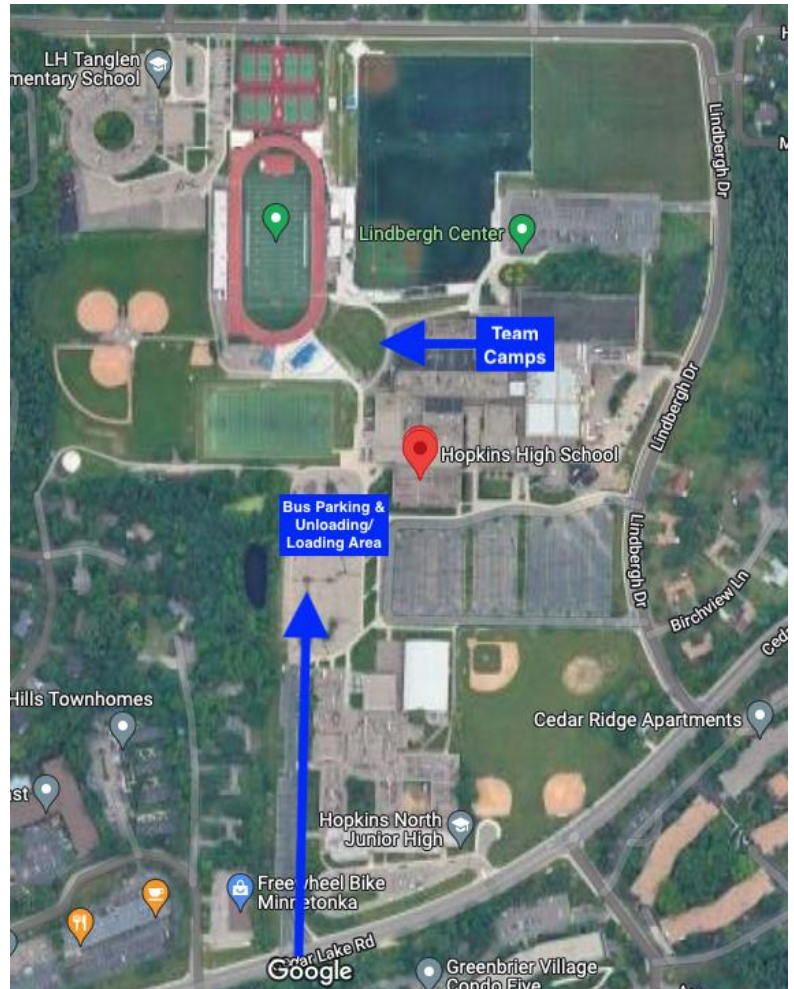
Please help us keep the front third of the infield--closest to the homestretch clear of athletes.

Garbage bags are included in your team packets for your convenience when packing up your team camp at the end of the meet.

#### Admission:

There will be an admission charge of \$7 for adults and \$5 for students. Tickets available through [VancoEvents](#)

#### Meet Procedures:



**Entries:** All entries are due on athletic.net by Thursday April 9, 2026 by NOON.

**Clerk of Course:** Relays (in full) must report to the clerk of course located at the north end of the infield **15 minutes** before the scheduled event. *\*If a relay has a member competing in a concurrent event as an individual, please send alternates to represent the full relay to the clerk.* 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. Thank you for your help in keeping the infield clear.

**2026 Worker Responsibilities:**

Each school is assigned one event to administer. Each school should provide at least ONE adult worker and TWO helpers (which can be adults or students). They can report directly to their event.

Minnetonka	Long Jump
Maple Grove	Triple Jump
Hopkins	Starters, Start/Finish Clerking, Blocks, Hurdles
Buffalo	Discus
Saint Michael-Albertville	High Jump
Wayzata	Pole Vault
Eden Prairie	Shot Put
Edina	4x100 & 4x200 Relay Exchange Zones

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## Order of Events and Time Schedule:

**3:15 Coaches Meeting at the clerking area**

3:30	Girls 4x800m Relay	(Teams may run one varsity and one JV relay in 4x800)
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	Mixed 4x400m Relay	Boy-Girl-Boy-Girl order
6:47	Girls open 200m	(3 sections, fastest to slowest)
6:56	Boys open 200m	(3 sections, fastest to slowest)
7:05	Girls 3200m Run	(one section 4 entries per team)
7:22	Boys 3200m Run	(one section 4 entries per team)
7:38	Girls 4x400m Relay	
7:45	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 crossover.

**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’ 4”, 5’ 6” 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 6’ and progressions will be 7’, 7’ 6”, 8’ and 6” thereafter.

Boys will start at 8’ 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.