

2022 Wayzata Relays

Meet Information

The 13th Annual “Wayzata Relays” Track & Field Meet will be held on Friday, May 5, 2023. We are looking forward to having your team compete on the Wayzata High School track and field complex.

General Information

1. 9 boys and 9 girls teams allowed (9 lane track)
2. Entries per individual event:
 - a. Three per event for 100, 200, 400, 100/110 HH, 300 IH, 800.
 - b. Four per event for the 1600, 3200
 - c. Unlimited entries in JV mile, FAT timing for JV mile will be used.
3. One relay team from each school in the 4X100, 4X200, 4X400, 1600 S. Med (200, 200, 400, 800), 800 S. Med(100, 100, 200, 400), 2 teams per school in the 4X800 with one team being designated as JV and will not be totaled in the team scoring,
4. Three entries per event in shot, discus, LJ and TJ, HJ and PV –Prelims and finals in both the throws and jumps this year. Three throws/jumps in prelims and three in finals.
5. Scoring: 10, 8, 6, 5, 4, 3, 2, 1
6. \$100.00 per team entry fee (\$200.00 for girls and boys). Fees to cover F.A.T. timing, online entry/results and meet workers.
7. Checks can be made to Wayzata High School and sent to:
Wayzata High School - Attention Barb Beise, Athletics,
4955 Peony Lane North, Plymouth, MN 55446
8. 9 lane track. Two horizontal jump runways
9. Fully Automatic Timing with real time results via wayzataresults.com
10. Immediate results and live action on LED scoreboard

Questions? Contact Aaron Berndt at: 763-745-6995 or aaron.berndtg@wayzataschools.org

Competing teams in 2023

<u>Girls Teams</u>		<u>Boys Teams</u>	
Annandale	Moorhead	Annandale	Mounds View
Brainerd	Mounds View	Brainerd	Moorhead
Minnetonka	Wayzata	Minnetonka	Wayzata
White Bear Lake	Woodbury	Mpls. SouthWest	Woodbury
Roseville			

Entry Information - All Entries are to be done ONLINE and are due Wednesday May 3 by 8:00PM

1. You have been invited on Athletic.net. All entries will be done on your meet entry page though the Wayzata Relays link on your team schedule.

- If you have not created an Athletics.net account you must do so before entering your team(s). You must import your roster to be listed on Athletic.net.

7. DO NOT declare your entries until you are completely done entering everyone in the meet. Once you declare your entries, you can't make any changes.

8. If you have questions on making entries, e-mail Josh Gerber at: entries@wayzataresults.com or josh@wayzataresults.com

9. Deadline to register is Wednesday May 2 at 8pm. All meet registration will be done online at Athletic.net via WayzataResults.com. Registration links will be posted on WayzataResults.com

2023 Wayzata Relays – General Information

WELCOME TO THE 2023 WAYZATA RELAYS. Please review the following instructions and information, and share it with your coaches and athletes. Cooperation in the following matters will ensure that this will be a quality meet. We are looking forward to an exciting evening of Track and Field. Best of luck!

1. Weigh in – We will not weigh implements but will have scale on hand if questions arise.
2. 3200M Relay = 1 turn stagger for the 1st runner
4. 800M Sprint Medley (100, 100, 200, 400) = 1st 3 runners in lanes, 4th cuts in after handoff
5. 800M Relay = 4 turn stagger
6. 1600M and 3200M Run = Staggered box for one turn
7. 1600M Sprint Medley = 2 turn stagger
8. In the 100M, 100M hurdles, and 110M hurdles, this will be a timed final, fast heat first
9. In the long jump, triple jump, and throws; The event will be flighted – 3 jumps/throws per competitor with the top nine advancing for an additional three throws
10. Starting heights in the high jump and vaults will be determined by entries. Considerations of time schedule may also determine starting heights.
12. The meet will stay on schedule! Participants are urged to keep track of the meet's progress and report to the clerk two events prior to their race. The staging area is at the head of the straight away on the North West corner of the track for ALL track events. (100m start area)
13. Field event participants may be excused for a maximum time of 10 minutes for a running event. Judges have been told to not delay the competition. The bar in the pole vault or high jump may be raised in participant's absence.
14. Please keep athletes away from the finish line and the FAT timing system.
15. 3/16" to 1/4" spikes only. Please check your team.
16. Starting blocks will be provided.
17. Athletes may warm up on the South straight away (backstretch) between events or during straight away events. **No camps on the infield turf** but warm-ups are permitted along backstretch of the turf. **NO TENTS ALLOWED ON INFIELD TURF – NO STAKES CAN BE INSERTED IN THE TURF**
18. Teams and coaches are to keep the area along the homestretch of the track clear closest to the track for clerking and timing purposes.
19. No footballs or frisbies allowed in the stadium.
20. Concessions will be available all day.
21. JV Mile – We will not be giving out times to the finishers at the line – Please time your own athletes
22. For all races – times will show up in the FAT results being posted as the meet moves along. Results will be posted immediately on the scoreboard and in print close to the press box. You can follow the meet results on www.wayzatarresults.com as the meet progresses.

SCORING: 10-8-6-5-4-3-2-1 (eight places)

2023 Wayzata Relays
2023 Wayzata Relays Time Schedule

RUNNING EVENTS: (Fast heat first in heats)

3:30 – coaches meeting –
3:05 JV Mile (heat of boys, heat of girls – unlimited entries – time your own athletes)
3:45 Dave Moline Memorial 4 x 800M Relay -Boys
3:55 4 x 800M Relay -Girls
4:07 110M Hurdles (3 sections – timed final) -Boys 39" Blue
4:16 100M Hurdles (3 sections – timed final) -Girls 33" White
4:28 100M Dash (3 sections – timed final) -Boys
4:37 100M Wheelchair Division Boys
4:39 100M Dash (3 sections – timed final) -Girls
4:50 800M Sprint Relay (100,100,200,400) -Boys
5:03 800M Sprint Medley (100,100,200,400) -Girls
5:11 4 x 200M Relay -Boys
5:17 4 x 200M Relay –Girls
5:23 1600M Run -Boys
5:31 1600M Run -Girls
5:41 4 x 100M Relay -Boys
5:47 4 x 100M Relay -Girls
5:53 400M Dash -Boys (3 sections)
6:02 400M Dash -Girls (3 sections)
6:14 300M Hurdle -Boys (3 sections) 36"
6:23 300M Hurdle -Girls (3 sections) 30"
6:35 800M Run -Boys (2 sections - fast heat of 12 first)
800M Wheel Chair Division (one section)
6:45 800M Run -Girls (2 sections – fast heat of 12 first)
6:54 1600M Sprint Medley (200,200,400,800) - Boys
7:02 1600M Sprint Medley (200,200,400,800) - Girls
7:10 200M Dash -Boys (3 sections)
7:19 200M Dash -Girls (3 sections)
7:28 3200M Run -Boys
7:40 3200M Run -Girls
7:55 4 x 400M Relay -Boys
8:02 4 x 400M Relay -Girls

FIELD EVENTS:

3:45 Long Jump -Girls
3:45 Triple Jump -Boys
3:45 High Jump -Girls
3:15 Pole Vault -Boys
3:45 Shot Put -Girls
3:45 Discus -Boys
5:45 Long Jump -Boys
5:45 Triple Jump -Girls
5:45 High Jump -Boys
5:30 Pole Vault -girls
6:00 Shot Put –Boys (Start after girls ends)
6:00 Discus –Girls (Start after boys ends)

Wayzata Relays – Meet Records as of 2022

- Girls Records -

Girls 100 Meter Dash	12.54	5/1/2015 Taylor Raines -	Woodbury
Girls 200 Meter Dash	25.48	5/7/2011 Anuli Okonkwo -	Osseo
Girls 400 Meter Dash	57.70	5/1/2015 Ruby Stauber -	Wayzata
Girls 800 Meter Run	2:09.19	5/6/2016 Ruby Stauber -	Wayzata
Girls 1600 Meter Run	4:59.63	5/5/2023 Teegan Anderson -	Wayzata
Girls 3200 Meter Run	10:59.37	5/5/2017 Sophie Whicher -	Minnetonka
Girls 100 Meter Hurdles	15.06	5/3/2019 Ava Fitzgerald -	Roseville
Girls 300 Meter Hurdles	45.40	5/6/2016 Rachel Studer –	Maple Grove
Girls 4x100 Meter Relay	49.75	5/6/2016 R Boyer, F Adewoye, N Reynolds, M Koffski	Mounds View
Girls 4x200 Meter Relay	1:44.61	5/4/2018 M Gillem, O James, T Bowman, S Triplett	Wayzata
Girls 4x400 Meter Relay	3:58.96	5/2/2014 R Moore, L Hoelscher, M Janssen, E Endy	Minnetonka
Girls 4x800 Meter Relay	9:32.35	5/7/2014 M Borowski, M Janssen, L Hoelscher, E. Endy	Minnetonka
Girls 1600 Sprint Medley	4:18.44	5/5/2023 I Ekong, B Sullivan, J Borsch, A Oakland	Maple Grove
Girls 800 Sprint Medley	1:52.73	5/5/2012–S Zimmerman, C Ryan, H Lundstrom, A Kosobud	Brainerd
Girls High Jump	5-06.00	5/2/2014 Madison Scholl -	Prior Lake
Girls Pole Vault	12-06.00	5/3/2019 Julia Fixon -	Mounds View
Girls Long Jump	18-5.00	5/5/2017 Faith Robinson -	Minnetonka
Girls Triple Jump	37-01.25	5/5/2017 Rachel Goza-Maxwell -	Roseville
Girls Discus Throw	142-01	5/2/2014 Kassie Volmer -	Prior Lake
Girls Shot Put	42-04.00	5/1/2015 Veronica Rasmussen -	Mounds View

- Boys Records -

Boys 100 Meter Dash	10.71	5/5/2023 Alonn Salman	Moorhead
Boys 100 M Wheel Division	22.24	5/5/2023 Michael Allen	Wayzata
Boys 200 Meter Dash	21.84	5/2/2014 Vance Barnes -	Minnetonka
Boys 400 Meter Dash	49.38	5/5/2012 Michael Smith -	Wayzata
Boys 800 Meter Run	1:56.78	5/2/2014 Scott Kvidera -	Minnetonka
Boys 800 M Wheel Division	2:51.75	5/5/2023 Michael Allen	Wayzata
Boys 1600 Meter Run	4:12.62	5/5/2023 Will Skelly	Mounds View
Boys 3200 Meter Run	9:18.70	5/5/2017 Alex Miley -	Maple Grove
Boys 110 Meter Hurdles	14.57	5/5/2012 Jackson Walters -	Brainerd
Boys 300 Meter Hurdles	38.94	5/6/2016 Leroy Kwatche –	Maple Grove
Boys 4x100 Meter Relay	42.78	5/1/2015 G. Akindemowo, P. Affilito, J. Samelson, V. Barnes	Minnetonka
Boys 4x200 Meter Relay	1:29.14	5/3/2013 S. Berg, C. Pierson, M. Smith, J. Smith	Wayzata
Boys 4x400 Meter Relay	3:23.95	5/2/2014 I Bremseth, M Smith, S Lorbiecki, O Wamuo	Wayzata
Dave Moline Memorial 4x800 Meter Relay	8:06.37	5/4/2018 M Tolander, K Hussein, A Brandt, G Matthews	Wayzata
Boys 1600 Sprint Medley	3:35.37	5/5/2023 D MacLaughlin, I Malay, B Stark, T Ruhl	Brainerd
Boys 800 Sprint Medley	1:36.30	5/5/2023 M Carlson, J Keaton, I Ekong, L McClure	Maple Grove
Boys Distance Medley	10:16.21	5/1/2015 A. Millan, I Bremseth, I. Eklin, C. Olson	Wayzata
Boys High Jump	6-06.00	5/5/2017 Ben Grosse -	Wayzata
	6-06.00	5/4/2018 Noah Cvetnic -	Chaska
	6-06.00	5/4/2018 Nick Hedlund -	Wayzata
Boys Pole Vault	14-07.00	5/5/2023 Jack Helmich	Wayzata
Boys Long Jump	23-5.5	5/6/2016 Mason Roomes -	Woodbury
Boys Triple Jump	44-10.50	5/6/2016 Mason Roomes -	Woodbury
Boys Discus Throw	161-09	5/5/2023 Ryan Mercer	Chaska
Boys Shot Put	56-8.00	5/2/2014 Eric Dols -	Prior Lake
Boys Shot Put Wheel Division	15-4.00	5/5/2023 Michael Allen	Wayzata