

Minnesota Open
 High School Spring Preview
 University of Minnesota Track & Field Stadium
 Friday, April 12, 2019

Participating Schools: Chanhassen, Eden Prairie, Minnetonka, Moundsview, Rosemount, Stillwater, Washburn, Wayzata, White Bear Lake

Running Schedule:

Athletes and relay teams **must** report to the clerk at the “**report time**” prior to competition.
 10:45 - 11:35 Warm-up session (the track will be cleared prior to the first event)

<u>Race Time</u>			<u>Report Time</u>
11:45	Girls	4 x 800	One Section 11:25
11:58	Boys	4 x 800	One Section 11:38
12:15	Girls	100 HH	Three Sections 11:55
12:30	Boys	110 HH	Three Sections 12:10
12:45	Girls	100m	Three Sections 12:25
12:55	Boys	100m	Three Sections 12:35
1:15	Girls	4 x 200	One Section 12:45
1:20	Boys	4 x 200	One Section 1:00
1:25	Girls	1600m	Two Sections 1:10
1:40	Boys	1600m	Two Sections 1:20
1:55	Girls	4 x 100	One Section 1:30
2:00	Boys	4 x 100	One Section 1:40
2:05	Girls	400m	Three Sections 1:50
2:15	Boys	400m	Three Sections 2:00
2:30	Girls	300 LH	Three Sections 2:10
2:40	Boys	300LH	Three Sections 2:20
2:55	Girls	800m	Two Sections 2:35
3:05	Boys	800m	Two Sections 2:45
3:15	Girls	200m	Three Sections 2:55
3:30	Boys	200m	Three Sections 3:10
3:40	Girls	3200m	One Section 3:20
3:55	Boys	3200m	One Section 3:35
4:10	Girls	4 x 400	One Section 3:45
4:15	Boys	4 x 400	One Section 3:55

Field Events: LJ/TJ will be conducted cafeteria style with 4 jumps and no finals.

S/D will be conducted in three flights with 4 throws and no finals.

Two HJ pits and two PV pits (one for each gender)

Field Schedule:

11:45 – 1:30	Girls Triple Jump	Boys Long Jump
1:45 – 3:30	Girls Long Jump	Boys Triple Jump
11:45 – 1:30	Girls Discus	Boys Shot Put
1:45 – 3:30	Girls Shot Put	Boys Discus
12:00 – 3:00	Girls High Jump	Boys High Jump
12:00 – 3:00	Girls Pole Vault	Boys Pole Vault

Entries: Three entries for all individual events and one relay.

Entries are based on the best performance from 2018/2019. If an individual or relay does not have a performance from 2018/2019 they must be entered as NT/ND.

All races will be timed finals. Fastest section will be run last when there are multiple sections.

Entry Procedure: Entries will be done online at www.wayzataresults.com (due April 10 @ 8:00)

- 1) Click Entry Link for Minnesota Open Spring Preview
- 2) Click Register Athletes
- 3) Click Register By Event -> "Roster Only"
- 4) Click "Multi-Button View"
- 5) Click "Varsity" next to any athlete who May or Will compete

The system saves as you go so there is no submit or declare button.

Once you are done, you can click the Blue Arrow next to "Roster Only". To get a confirmation, click "Print Entries" under the word "Confirmed".

School Responsibilities

In an effort to keep our new meet on schedule, I'm requesting that each school provide three non-participating student athletes to assist with blocks, hurdles, pit grooming and implement retrieval. These workers will report to the Coordinator of Officials, Greg Utecht, for their assignments.

Chanhassen	(2) Implement Retrieval (Shot Put)	(1) High Jump
Eden Prairie	(2) Implement Retrieval (Discus)	(1) High Jump
Minnetonka	(2) Pit Grooming (Long Jump)	(1) High Jump
Moundsvi	(2) Pit Grooming (Triple Jump)	(1) High Jump
Rosemount	(2) Blocks	(1) Hurdles
Stillwater	(2) Hurdles	(1) Pole Vault
Washburn	(2) Hurdles	(1) Pole Vault
Wayzata	(2) Hurdles	(1) Pole Vault
White Bear Lake	(2) Hurdles	(1) Pole Vault

Electronic Devices

NFHS rules pertaining to electronic equipment will be strictly enforced. The use of electronic devices is not allowed in the competition area which is defined as anywhere inside the fence surrounding the track.

Facility Access

Team access to the Track & Field Stadium will begin 90 minutes prior to the start of the first event (10:15). On track warm-ups may begin at 10:45.

Infield Access

Access to the infield is reserved for competing athletes only! Coaches may access the coaching boxes only. All non-competing athletes must be outside the track fence.

Implements

All throwing implements must be weighed and inspected at the equipment storage building on the east side of the track between 10:15 and 11:15.

Spike Check

Only ¼” pyramid spikes are permitted (3/8” recessed pyramid spikes are permitted for the High Jump). All spikes will be checked at the clerking area.

Starting Heights

Exact starting heights will be determined by meet management after all entries are received.

Tape

Tape for any marking on the track must be white athletic tape. NO other tape will be allowed. Tennis balls are recommended but not provided.

Team Camps

Team camp location will be dependent on weather. More information about team camp location and athlete flow will be communicated once weather is known.

Warm-ups

The Gibson-Nagurski Indoor/Outdoor turf area will be available for warm-ups. General warm-ups should take place at the Gibson-Nagurski Indoor/Outdoor turf. The enclosed warm-up area under the track grandstand is reserved for final warm-ups after being clerked.

Admission

Spectators should enter using the road by Cowles Stadium in the Athlete’s Village area. Admission for this event is \$4 per ticket for student/youth/adult/senior and children 2 years and younger are free.

Parking

General parking is available in the Fourth Street Ramp and Lot C37. Prices are subject to change and rates may vary based on specific lots and other events on campus.

Team buses may drop off and pick-up on the Athlete’s Village service road between Bierman Athletic Building and Larson Football Performance Center. Team buses should enter at 516 15th Ave. SE, proceed to the back of the building, drop off by the gold Minnesota sign and exit on SE 8th St.

Buses will be asked to park along 6th Street between 23rd Ave. and 25th Ave. (Between the Ski-U-Mah and Victory Lots). Buses will NOT be allowed to stage in Athlete’s Village, please call your bus driver when your team is ready to be picked up.

Trainers

The trainers will be located on the east side of the grandstand.

Weather Policy

In the event of inclement weather and the stadium must be cleared, everyone may take shelter in the Gibson-Nagurski Fieldhouse. Please follow all PA instructions regarding weather.

Head Coaches

Meet promptly at 11:00 in the east storage building.

