

# 9th ANNUAL MINNESOTA STATE UNIVERSITY – MANKATO VARSITY SHOWCASE MEET



HOSTED BY MINNESOTA STATE UNIVERSITY – MANKATO

Saturday, March 30<sup>th</sup>, 2024



**ELIGIBILITY:** Open to ALL High School teams that meet the entry requirements. Team scores will be kept.

**WEBSITE:** The official meet website can be found under the “HS Track Meets” tab at [www.msumavericks.com](http://www.msumavericks.com)

**ENTRY INFORMATION:** **Online:** Athletic.net – Hero’s Timing  
**Questions regarding the meet:** [christopher.parno@mnsu.edu](mailto:christopher.parno@mnsu.edu)  
**Entries Open:** [Sunday, March 24th, 2024, at 8:00am](#)  
**Entry Deadline:** [Tuesday, March 26th, 2024, at 8:00pm](#)

**ENTRY LIMITS:** **Qualifying Standards:** Refer to the qualifying standards located on the meet website or on page 4 of this document. Please ensure that all athletes either meet or exceed these standards based on previous indoor/outdoor marks.

Entry limits in certain events will be enforced if needed to ensure timeliness of meet.

**Relay Entries:** Schools may enter 1 relay team. Please enter relay members and their order during online registration. Individuals need not be in an individual event for relay entry to be accepted.

**ENTRY FEE:** \$250 per gender. \$50 dollars per individual athletes up to the team payment total per gender. **NOTE:** entry fees must be paid prior to or at the coaches meeting. Athletes will not be allowed to compete unless fee is paid prior to this time. As we get closer to date, confirmed schools will receive an online payment option through our MSU athletics website.

Checks made payable to “**Minnesota State Mankato Track and Field**” and mailed to:

**C/O: Jen Blue**  
**135 Myers Field House**  
**Mankato, MN 56001**

**PERFORMANCE LIST:** A performance list will be emailed to the coaching staffs on **Wednesday March 27<sup>th</sup>, 2024.** Coaches will have until 12:00pm on **Thursday March 28<sup>th</sup>, 2024,** to review the list for errors or scratches. Coaches will be able to log back in to their athletic.net account to do scratches...NO ADDITIONS, only scratches. Once this period ends, entries will be accepted as is and will be

seeded as such. THERE WILL BE NO CHANGES OR SUBSTITUTIONS ONCE THE PERIOD ENDS.

**HEAT SHEETS:** Heat sheets will be posted on [www.herostiming.com](http://www.herostiming.com) by **5:00pm on Thursday March 28th, 2024**

**COACHES MEETING:** Located under the rock wall in the southeast corner of the indoor facility. Coaches meeting will start promptly at 10:00am. You may make payments if needed at the meeting. This area will also serve as the coach's hospitality room throughout the meet. There is a separate hospitality room for meet workers in the hallway north of the track, please only use this area under the rock wall where there will be food and beverages.

**TRACK:** The track is an 8-lane 200m track (all 8 lanes may be utilized) with 8 straightaway lanes for 60m dash. ¼ inch pyramid spikes will be allowed on MONDO surface. Results will be displayed on the video board directly after each race with paper copies posted out in the concourse area. There will be limited warm-up areas on the track.

**CHECK IN:** Hip numbers will be located in the Southwest corner of the facility under the large MSU purple tent. Check-in/Clerking for each running event will take place at the start line of the specific event. Field event check-in will take place at the event area.

**TEAM AREA:** Team camp areas will be available in Taylor Center gym. No team camps will be allowed in the indoor track. Please make sure your athletes stay off the wood basketball court. Hurdles will be available for practice. Please do not remove hurdles from team area. **SPIKES ARE NOT ALLOWED IN TEAM AREA OR IN HALLWAYS.**

**SPIKES:** ¼ **exposed pyramid spikes ONLY!** THERE WILL BE A SPIKE CHECK THAT IS MANDATORY. We have new Mondo Surface and we will enforce spike checks. Please ensure your athletes are using ¼ inch spikes or smaller.

**LONG JUMP:** Located inside the track. Distance from take off board to pit is 8 feet. Approach is up to 120 ft. Open cafeteria-style pit for each horizontal jump section (refer to schedule). From the time teams arrive up until 10:45am, the runway will be open for approaches. There will be a 15-minute window directly before the start of each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!** The painted measurements on the runway are accurate for long jump only. Measuring tapes will need to be pulled for triple jump approach measurements.

**TRIPLE JUMP:** Located inside the track. Take off boards will be 28' 32' 36' 41' (marked off by cones). Open cafeteria-style pit for 1:30 hours upon the start of the event. From the time teams arrive up until 10:15am, the runway will be open for approaches. There will be a 15-minute window directly before the start of each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!**

**HIGH JUMP:** On the infield. We will be running 2 high jump pits. Once entries are accepted, we will split up fields to two different pits and set opening heights and progressions.

**POLE VAULT:** Located on inside of the track. Approach is approximately 120 ft. Opening height for girls will be 8'0" and bars will progress 6 inches until 10'0", where bars will then be progressed by 3 inches. Opening height for boys will be 10'0" progressing 6 inches each bar until 12'0", where bars will then be progressed by 3 inches. Progressions may be adjusted based off entries

**SHOT PUT:** Permanent throw ring is located on the infield on the north end of the facility. This will be only field event that has finals. Each athlete will get 3 preliminary throws with the top 9 from each gender advancing to finals.

**LOCKER ROOMS:** There will be no locker room use, please have your athletes dressed and ready to go upon arrival!

**AWARDS:** Awards will be given to the top 3 in each event (medals). The awards for each event will take place following the final of the event. Please inform your athletes to not leave the event area following the conclusion of the event. An "event staff" member will escort the top 3 individuals to the awards area. This year we will also award team title trophies for each gender!

## SPIKE REQUIREMENTS



Christmas Tree  
1/8"  
3/16"  
1/4"



Approved Compression Spikes



Damaging Steel/Pin Spikes



Pyramid  
1/8"  
3/16"  
1/4"



## 2024 Varsity Showcase Entry Standards



### 2024 Boy's Qualifying Standards

Event:	Standard:
60m Dash	7.40
60m Hurdles	9.10
200m Dash (Limit 80 athletes/10 heats per gender)	24.00
400m Dash	56.50
800m Dash	2:10.00
1600m Dash	4:50.00
3200m Run	10:45.00 (limited to top 16 entries)
4x200m Dash	1:42.00
4x400m Dash	3:40.00
4x800m Dash	8:40 (2:10 average)
Shotput	40'
Long Jump	19'6"
Triple Jump	39'0"
High Jump	5'8"
Pole Vault	11'0"

### 2024 Girl's Qualifying Standards

Event:	Standard:
60m Dash	8.50
60m Hurdles	10.60
200m Dash (Limit 80 athletes/10 heats per gender)	28.50
400m Dash	1:06
800m Dash	2:45.00
1600m Run	5:50.00
3200m Run	12:15.00 (limited to top 16 entries)
4x200m Dash	1:55.00
4x400m Dash	4:30.00
4x800m Dash	11:00.00 (2:45 average)
Shotput	30'
Long Jump	16'0"
Triple Jump	33'0"
High Jump	4'8"
Pole Vault	9'0"

Entries should be done based on these marks and the honor system will be used. We won't ask for proof of marks but please use previous year INDOOR or OUTDOOR marks. We reserve the right to confirm certain entries with your coaching staff.



## 2024 Minnesota State Varsity Showcase Schedule



### Running Events

Schedule Below (we will roll schedule no more than 15 minutes more than times below)

Girls will run first except 60m hurdle final

Fastest sections will be ran first in all events going around the track

Coaches Meeting	10:20am
National Anthem	10:55am
60m Hurdle Prelims	11:00am
60m Dash Prelims	11:20am
4x800m Relay	12:10pm
60m Hurdle final (16 athlete - two heat final)	12:40pm
60m Dash Finals (16 athlete - two heat final)	12:55pm
Mile Run	1:05pm
Officials Break	1:30pm
400m Dash	1:50pm
4x200m Relay	2:35pm
800m Run	3:00pm
3200m Run	3:40pm
200m Dash	4:10pm
4x400m Relay	5:00pm
Team Awards	5:30pm

### Field Events

Shotput (3 throws and finals)	11:30am	(Boys first, girls to follow)
Triple Jump	10:30am	(Boys first, girls to follow)
High Jump	11:00am	(Boys first, girls to follow)
Pole Vault	11:00pm	(Girls first, boys to follow)
Long Jump	2:00pm	(Boys first, girls to follow)

**\*\*4 jumps in horizontals - NO FINALS - 10-15 minute open runway between events\*\***

Boys Triple Jump	10:30am - 12:00pm (1:30 hours)
Girls Triple Jump	12:15pm - 1:45pm (1:30 hours)
Boys Long Jump	2:00pm - 3:30pm (1:30 hours)
Girls Long Jump	3:45pm - 5:15pm (1:30 hours)

**PLEASE HAVE JUMPERS LAY OUT APPROACHES UPON ARRIVAL TO FACILITY**



## Minnesota State Varsity Showcase Meet Records



### Girls

Event:	Mark	Name/School	Year
60	7.53	Jedah Caldwell - Chanhassen	2016
60h	8.88	Ava Fitzgerald - Rosevill	2022
200	25.13	Jedah Caldwell - Chanhassen	2016
400	59.27	Paige Halder - Byron	2023
800	2:20.83	Lydia Malacek - Onalaska	2019
1600	5:05.62	Lauren Ping - Winona Cotter	2019
3200	10:13.28	Emily Covert - Mpls Washburn	2018
4x200	1:47.03	Hudson	2018
4x400	4:07.47	Bloom. Jefferson (Hayday, Fredrickson, Roach, Lind)	2017
4x800	9:37.96	Edina (kompelien, Mosborg, Mitchell, Sweeney)	2016
High Jump	5'6"	Caraline Slattery - Lakeville South / Paige Halder - Byron	2015, 2023
Long Jump	19'0.50"	Michaela Baker - Robbinsdale Armstrong	2016
Triple Jump	40'5"	Michaela Baker - Robbinsdale Armstrong	2016
Shot Put	45'1.50"	Alexandria Hurst - Robbinsdale Armstrong	2017
Pole Vault	11'7"	Sophia Roskoski - Stillwater	2023

### Top 3 Team Totals:

#### Men:

Elk River	93 (2017)
Stillwater	87 (2023)
WBL	77 (2022)
Stillwater	75 (2022)

#### Women:

Hudson	100 (2018)
Stillwater	87 (2023)
Edina	82 (2019)
Forest Lake	81 (2018)

### Boys

Event:	Mark	Name/School	Year
60	6.92	Marquez Clerveaux - Rice Lake	2019
60 WC	13.96	Nelson Remington	2023
60h	8.36	Caden Turner - Waconia	2017
200	22.12	Marquez Clerveaux - Rice Lake	2019
200-m WC	38.32	Devin Filzen - Winona	2023
400	48.75	Qai Hussey - Spirit Lake	2022
800	1:56.28	Justin Hyttinen - Farmington	2015
1600	4:23.16	Addison Standsbury - Stillwater	2018
3200	9:30.16	Aidan Jones - Washburn	2023
4x200	1:32.88	Eagan	2015
4x400	3:29.05	East Ridge (Gramer, Seiffert, Ceulemans, Haskins)	2017
4x800	8:14.65	White Bear Lake (Benitex, Rohlinger, Callahan, Truen)	2016
High Jump	6'10"	Noah Cvetnic - Chaska	2019
Long Jump	23'1"	Josh Prater - Chaska	2016
Triple Jump	45'5.75"	Isaiah Nelson - Hutchinson	2017
Shot Put	54'00"	Pat Kasl - Forest Lake	2016
Shot Put WC	19'00	Devin Filzen - Winona	2023
Pole Vault	14'0"	Jackson Tweed - Stillwater	2018

### High Point Scorers

#### Men:

C. Udalla	26 (2017)
D. Clerveaux	24 (2019)
B. Klimpke	24 (2016)
M. Clerveaux	20 (2019)

#### Women:

P. Halder	29.25 (2023)
M. Baker	25 (2017)
S. Naranjo Mata	24 (2019)
A. Fitzgerald	23.5 (2022)



## Maverick Corporate Partners – Food

Field House Address: 135 Myers Field House, Mankato MN 56001



Domino's – 507-625-7711.



Weggys – 507-720-6633



Pub 500 – 507-625-6500



Costanza's – 507-304-7010



The Flask 507-720-0896



Dunkin Donuts – 507-720-6197



Dino's Pizza – 507-385-3466



Ummies – 507-625-8277



The Number 4 – 507-344-1444



Tav on the Ave – 507-345-3308



Pizza Ranch – 507-386-7077

## Maverick Corporate Partner – Hotels



### AmericInn Hotel (.3 Miles)

240 Stadium Rd. Mankato, MN 56001  
(507) 345-8011



### Courtyard Mankato (4.0 Miles)

901 Raintree Rd. Mankato, MN 56001  
(507) 388-1234



### Hilton Garden Inn (2.0 Miles)

20 Civic Center Plaza Mankato, MN 56001  
(507) 344-1111