

ENTRY INFORMATION FOR HAMLIN ELITE MEET

All high school track and field athletes in Minnesota are eligible to enter the meet (although the unique meet format does limit participation based on performance).

HAMLIN ELITE ENTRY TIMELINE: April 28th, 2023 - Klas Field at Hamline University

Saturday, April 1 – Entries are open

Tuesday, April 25, 11:59 pm – ALL ENTRIES DUE

Submit entries online through Wayzata Results by 11:59 pm. No exceptions. See online entry process in section below for more information on how to submit entries.

High School Entry Instructions

Online entries will again be operated through Wayzata Results.

We encourage you to register as soon as possible.

If you have any questions about registering and entering your athletes contact Josh Gerber at: tfentries@wayzataresults.com

Wednesday, April 26, 1 pm-11:59pm – COACHES REVIEW PERIOD

Preliminary list of athletes and relays in the meet emailed out and posted online by 1:00pm at WayzataResults.com. Coaches are to review and send corrections or scratches by 11:59pm on Wednesday, April 26. We will contact coaches based on additions due to scratches.

Thursday, April 28, 1 pm: WHO'S IN FRIDAY'S MEET

Final List of athletes and relays accepted into the meet for Friday emailed out and posted online by 1:00pm at WayzataResults.com and HamlineAthletics.com. If we have anymore scratches after that point, we will not fill those spots.

ENTRY RULES AND FEES:

Multi-Event Participation:

* Same day doubles will be allowed. Please keep in mind the meet schedule when entering your athletes as the meet will run on time. Athletes are required to be at the event 10 minutes prior to the event start time. Field events will start on time as well. They will not wait for an athlete competing in another event. Field event athletes will be expected to jump or throw when their name is called. If they are not there in their allotted time they will be passed and lose that attempt. Please be mindful of the schedule when entering athletes that will be doing multiple events.

* Athletes are limited to competing in a max of 4 events (3 field & 1 running; 2 field & 2 running; 1 field and 3 running). An athlete may do no more than 2 running events of 800 meters or longer.

All events are finals. The only exception is the 100m, which has a prelim to cut the field to 9. All jumps and throws events athletes will receive 6 attempts during Friday's competition as long as they have at least one successful mark in the prelim and advance to a final set of 3 attempts in reverse order of best performances in the first 3.

Entry fee: The entry fee is \$20 per athlete or per relay team, capped at \$120 per team (per gender). Each qualifying athlete will receive a FREE dri-fit t-shirt courtesy of NIKE. Payment will be required at check-in. Please make checks payable to Hamline University Track & Field. Fees cover meet management, meet workers, officials, timing system, etc.

Entry Criteria:

* Entries for events must be based on actual meet performances in the 2023 season (indoor or outdoor).

All marks must come from a MSHSL sanctioned meet (No exceptions to early season meets that happen before the official MSHSL season starts on March 13th). The name of athlete, event, time and meet where the mark was achieved will be requested during the submission process.

* All track entries must be from meets with FAT timing. Hand Timed events are not allowed.

*Special note regarding Mixed Gender Relay entry: Because this event is not run at normal meets, all entries for relays will be based on open 400m times. You will submit the names and open 400m times for the 4 members of your relay: 2 men and 2 women. Relay splits do not count for entry to this event. Please email it to Devin Monson at dmonson01@hamline.edu. He will combine the times and submit the top 9 entries to Wayzata Results. They are able to run in any order on the day of the Elite Meet.

*Removing The 1600m to 3200m Conversion: You will no longer be able to use a 1600m time to get into the 3200m. We will take the top run times in the 3200m for the meet.

*Besides the Mixed Gender Relay entry - all relay entries must be from a run relay. They cannot be a combination of times from individual events added together for a relay time.

DISHONEST ENTRIES WILL NOT BE TOLERATED. A three year ban will be placed on any program entering false times or ineligible athletes.

Coaching Admission:

1-5 Elite Meet athletes = 2 coaches free admittance

6-10 Elite Meet athletes = 3 coaches free admittance

11+ Elite Meet athletes = 4 coaches free admittance

General Admission:

Adults- \$10.00

Students- \$5.00

In the event of bad weather: We will continue the meet regardless, with the exception of near-by lightning. If the meet is canceled, the decision will be made as early as possible. A cancellation announcement will be posted on the website and an email notification will be sent out to email addresses received during the entry process. If canceled, the meet will not be rescheduled due to limited facility availability.

Field Sizes:

We want to allow as many great athletes into the meet, while still keeping the concept of the meet in place, while also keeping the meet spectator friendly. Below are the approximate field sizes. Events with an ‘*’ allow for meet management to shift field sizes depending on the closeness of the entered times. If an event is very close, we will try to get the athlete or relay into the meet if the event will allow it safely. If a tie-breaker is needed, we will contact coaches for a ‘second best performance’ entry.

Field Sizes:

100m – 18
 200m – 9
 400m – 9
 800m – 9-12*
 1600m – 12-16*
 3200m – 12-16*
 100mH(G) – 9/110mH(B) – 9
 300mH – 9
 LJ – 12
 TJ – 12
 HJ – 9 plus ties
 PV – 9 plus ties
 SP – 12
 DT – 12
 4×100 – 9
 4×200 – 9
 4×400 – 9
 4×800 – 12*
 4x400 Mixed Gender - 9

Elite Meet Time Schedule

<u>Running Events</u>		<u>Field Events</u>	
5:30	B 100m Prelims	5:00	B Pole Vault
5:37	G 100m Prelims	5:30	G Shot Put
5:45	B 4X800 Relay	5:30	B Triple Jump
5:58	G 4X800 Relay	5:30	G Long Jump
6:13	B 110 Hurdles	5:30	B Discus
6:23	G 100 Hurdles	5:30	G High Jump
6:30	B 100	6:45	G Pole Vault
6:35	G 100	7:00	G Discus
6:43	B 4X200 Relay	7:00	B Long Jump
6:51	G 4X200 Relay	7:00	G Triple Jump
6:57	B 1600	7:00	B High Jump
7:05	G 1600	7:00	B Shot Put
7:18	B 4X100 Relay		
7:24	G 4X100 Relay		
7:30	B 400		
7:35	G 400		
7:44	B 300 Hurdles		
7:51	G 300 Hurdles		
7:59	Mixed Gender 4X400 Relay		

8:06 B 800
8:11 G 800
8:17 B 200
8:22 G 200
8:28 B 3200
8:42 G 3200
8:59 B 4X400 Relay
9:08 G 4x400 Relay

ELITE MEET : FREQUENTLY ASKED QUESTIONS

Q: Is there another way for coaches to keep updated other than the website?

A: Coaches receive updates through emails. If you are not receiving these and would like to be included, please contact Devin Monson, Elite Meet Coordinator, at dmonson01@hamline.edu. Although we try to keep the school's coaches list updated, it is each school's responsibility to notify meet management of changes.

Q: Who can enter the Elite Meet?

A: All high school track athletes in Minnesota are eligible to enter the meet (although the unique meet format does limit participation based on performance).

Q: Who is selected to compete in the Elite Meet?

A: For Friday's competition, we limit the field size to the top individuals and relays from the entries submitted to compete against one another.

Field Sizes:

We want to allow as many great athletes into the meet while still keeping the concept of the meet in place, and keep the meet spectator friendly. Below are the approximate field sizes. Events with an "*" allow for meet management to shift field sizes depending on the closeness of the entered times. If an event is very close, we will try to get the athlete or relay into the meet if the event will allow it safely. If a tie-breaker is needed, we will contact coaches for a 'second best performance' entry.

Field Sizes:

100m – 18
200m – 9
400m – 9
800m – 9-12*
1600m – 12-16*
3200m – 12-16*
100mH(G) – 9/110mH(B) – 9
300mH – 9
LJ – 12
TJ – 12
HJ – 9 plus ties
PV – 9 plus ties
SP – 12
DT – 12

4×100 – 9
4×200 – 9
4×400 – 9
4×800 – 12*
4x400 Mixed Gender - 9

Q: Do indoor times count towards entry?

A: YES

Q: What are the standards in each event to get into the meet?

A: There are no set standards, we simply take a limited field size and the top marks compete.

Q: Can I see where an athlete currently ranks?

A: NO. The rankings will be posted after the entry deadline.

Q: Can I enter a mark from last year/season?

A: NO. Marks must be from the 2023 season. All marks must be FAT. No hand times are allowed!

Q: If the weather prevents many schools from getting outdoor performances before the entry deadline, what is the procedure?

A: Meet management will notify the coaches as soon as a decision is made via emails. This is why it is important to have an updated email address for coaches. This is a last resort and we try and avoid using past marks. The goal of the meet is to highlight the athletes who are tops of Minnesota this spring and looking to be state champions.

Q: Does the meet count against the meet total for my team?

A: The MSHSL says yes. It counts as one meet. Athletes are limited to competing in a max of 4 events.

Q: Do I need two times from two different meets to be considered?

A: NO. A second meet/second performance is only needed upon request for tie-breakers.

Q: Can an athlete do more than one event?

A: YES. Keep in mind though, that we will stick to the MEET SCHEDULE as written. The meet WILL run on time.

This includes field events. Athletes will jump/throw in order and will have 1-minute to make their attempt. All athletes in the field events will make finals and get all 6 jumps/throws as long as they get a mark in the first 3 attempts. The event official will re-order the event after the prelims/first 3 attempts. In the case of event overlap, in the prelims, athletes CAN jump/throw out of order, provided they have 1) communicated with the head official prior to the start of the event; 2) checked out/in with the head official; 3) complete

their attempts within the first 40 mins of the event. If an athlete has an event conflict in the final, they CANNOT jump/throw out of order and a missed attempt will be marked as a time foul.

Athletes are limited to competing in a max of 4 events (3 field & 1 running; 2 field & 2 running; 1 field and 3 running). An athlete may do no more than 2 running events of 800 meters or longer.

Q: Where do I send my entry? Who do I pay my entry fee to?

A: All entries will be submitted on WayzataResults.com. You can pay your entry fee in cash or check (to 'Hamline University Track & Field') at the check-in table the night of the meet.

Q: Where can I get results?

A: Results will be live and posted on Wayzata Results throughout the meet.

Q: Can non-coaches be added to the email messages coaches receive?

A: NO. Parents/guardians, athletes, and spectators need to communicate and get the information for the Hamline Elite Meet through the coach of their school.

Q: Who do I contact for other questions about the Elite Meet?

A: If you have additional questions concerning the Elite Meet, please contact Devin Monson, Elite Meet Director, at dmonson01@hamline.edu.