



# Shakopee Relays Meet Info

Thursday, April 18, 2024



**Teams:** Blaine (girls), Eagan (boys), Eden Prairie, Jordan, Lakeville North, Minnetonka, Prior Lake, Spring Lake Park (boys) St. Michael Albertville and Waconia

**Location:** Shakopee West Junior High School. Please park in the North lot (school lot) or West lot.

**Team Area:** Teams should not set up inside the track, in the field events areas or on the West end of the stadium by the discus throw.

**Blocks and Batons:** Blocks will be furnished, each team will provide their own baton.

**Awards/Scoring:** Scoring 30 - 27 - 24 - 21 - 18 - 15 - 12 - 9 - 6 - 3. Winner of each event will receive a Shakopee Relay Champion drawstring bag.

**Food:** Concession stand will be open throughout the meet.

**Entrant Limits:** 3 athletes for field events 4 athletes for 1600, 100/110 hurdles and 300 hurdles. 1 Relay per school. Entries are due by Wednesday 4/17 at 7pm. Seed times are only needed for the 300 hurdles. All other events will have teams randomly assigned lanes.

**Timing & Scoring:** Entries and FAT timing by Fast Finish Results. Live results will be posted on the [www.fastfinishresults.com](http://www.fastfinishresults.com) as well as emailed out by Fast Finish Results after the meet.

**Scoring:** Each school will enter **3 individuals for each field event relay**. The total for the 3 athletes will determine the place. Ties on the distance are left as ties, the points are split, and the event winner's drawstring bags will be determined by a coin toss. Entries will be submitted to Athletic.net. Bob Ertl (fastfinishresults.com) will email you access to this.

**Jumps:** Before 3:30 anyone can warm up. Each athlete will have 4 jumps cafeteria style; the events start at 3:30 sharp and at 5:15 sharp.

**Pole Vault:** Girls and boys at the same time (2 pits) – Girls: 6', 7', 8'; 6" at a time after 8'. Boys- 7', 8', 9', 10', 11'; 6" at a time after 11'

**High Jump:** Girls and boys at the same time (2 pits) – Girls - 4', 4'3", 4'6"; 2" at a time after 4'6". Boys - Boys heights will be 5', 5'3", 5'6"; 2" at a time after 5'6"

**Long Jump:** Girls 3:30 - 5:00, Boys 5:15 - 6:45- 4 jumps cafeteria

**Triple Jump:** Boys 3:30 - 5:00, Girls 5:15 - 6:45- 4 jumps cafeteria

**Shot Put:** Girls First then Boys – 4 Throws

**Discus:** Boys First then Girls – 4 Throws

# Time Schedule

We will start at 3:30 and move along with a rolling time schedule. (Girls run first)

**3:00** Coaches meeting by the shed close to the 300m hurdle start line.

**3:30** All field events start

**3:30** 4x1600 (Brian Keyes Memorial) - 1 Turn Stagger (4 times added together)

High Hurdle Shuttle Relay - 2 Heats

4x100 - 2 Turn Stagger

4x800 - 1 Turn Stagger

Sprint Medley (2-2-4-8) - 2 Turn Stagger

300 IMH - 4 Heats (4 times added together)

Short Sprint Medley (1-1-2-4) - 2 Turn stagger

Distance Medley (12-4-8-16) - 1 Turn Stagger

4x200 - 4 Turn Stagger

4x400 - 3 Turn Stagger

Throwers 4x100 (no points) - 2 Turn Stagger

**Lane Assignments:** Will be sent out by Fast Finish results prior to the start of the meet.



## Exchange Zones

<b>4x1600 Meter Relay</b>	1 turn—green start – cut after the first turn at the green cut line.
<b>High Hurdle Shuttle</b>	girls – yellow & green / boys – blue & white Next hurdler cannot start until the incoming runner's chest has crossed the 4' line.
<b>4X100 Meter Relay</b>	2 turn – white start Exchanges – yellow – yellow - yellow
<b>4X800 Meter Relay</b>	1 turn—green start – cut after first turn at the green cut line Exchanges – green – green - green
<b>Sprint Medley (200-200-400-800)</b>	2 turn – white start Exchanges – white – green - green 400 runner cuts after receiving baton by start/finish line
<b>IMH Relay</b>	hurdles on red marks – add 4 times
<b>Sprint Short Medley (100-100-200-400)</b>	2 turn – white start exchanges – yellow – yellow - green 400 runner cuts after receiving baton by start/finish line
<b>Distance Medley (1200-400-800-1600)</b>	1 turn – green start Exchanges – green – green - green First runner cuts after first turn at the green cut line
<b>4X200 Meter Relay</b>	4 turn – red start Exchanges – red - red – yellow
<b>4X400 Meter Relay</b>	3 turn – blue start Exchanges – blue – green - green Second 400 runner cuts after the curve at the green cut line
<b>Throwers 4X100 Relay</b>	2 turn – white start Exchanges – yellow – yellow - yellow

# Shakopee Relay Records

## Boys Records

Relay	Team	Time or Distance	Year
4 X 1600	Hopkins	13:54.64	2017
High Hurdles	Mankato West	1:03.7	2010
4 X 100	Hopkins	41.79	2019
4 X 800	Lakeville	8:08.3	2005
Sprint Medley	Mounds View	3:36.7	2005
IM Hurdles	Burnsville	2:46.5	2005
Sprint Short Medley	Hopkins	1:34.6	2011
Distance Medley	Burnsville	10:42.3	2005
4 X 200	N. St. Paul/ Lakeville N	1:30.9	2005/2017
4 X 400	Hopkins	3:25.4	2010
Shot Put	Apple Valley	157'4"	1998
Discus	Burnsville	454'5"	2002
Long Jump	Burnsville	66'3.75"	2005
Triple Jump	Minnetonka	133'9"	2010
High Jump	Hopkins	18' 8"	2016
Pole Vault	Mankato West	37'6"	2010

**Champions:** Apple Valley 1995, Apple Valley 1996, Apple Valley 1997, Eden Prairie 1998, Apple Valley 1999, Mankato West 2000, Mankato West 2001, Burnsville 2002, Mankato West 2003, Mankato West 2004, Mounds View 2005, Hopkins 2006, Burnsville 2007, Burnsville 2008, Hopkins 2009, Eden Prairie 2010, Blaine/Hopkins 2011, Prior Lake 2012, Blaine 2014, Prior Lake 2015, Blaine 2016, Lakeville South 2017, Hopkins 2019

## Girls Records

Relay	Team	Time or Distance	Year
4 X 1600	Hopkins	21:22.6	2012
High Hurdles	Hopkins	1:05.6	2010
4 X 100	Hopkins	48.5	2011
4 X 800	Mankato West	9:35.8	2010
Sprint Medley	Shakopee	4:17.8	2017
IM Hurdles	Eden Prairie	3:16.4	2000
Sprint Short Medley	Bloom Kennedy	1:49.5	2016
Distance Medley	Shakopee	12:46.3	2012
4 X 200	Hopkins	1:42.4	2010
4 X 400	Hopkins	4:04.2	2010
Shot Put	Irondale	111'4"	2003
Discus	Apple Valley	348' 0"	2004
Long Jump	Mankato West	46'10"	2005
Triple Jump	Stillwater	100' 3.5"	2005
High Jump	Hopkins	15'0"	2008
Pole Vault	Minnetonka	28' 6"	2012

**Champions:** Shakopee 1995, Shakopee 1996, Apple Valley 1997, Apple Valley 1998, Mounds View 1999, Eden Prairie 2000, Burnsville 2001, Shakopee 2002, Shakopee 2003, Apple Valley 2004, Mounds View 2005, Stillwater 2006, Hopkins 2007, Hopkins 2008, Hopkins 2009, Hopkins 2010, Hopkins 2011, Minnetonka 2012, Hopkins 2014, Shakopee 2015, Shakopee 2016, Wayzata 2017, Stillwater 2019