

Big 9 Conference Triangle Meet at Winona

At Paul Giel Field
1268 W. 5th Street
April 16, 2024

Participating Teams: Northfield, Rochester John Marshall, and Winona

4:30 Field Events

Long Jump - 4 jumps Cafeteria style Done by start of 4x400
Triple Jump - 4 jumps Cafeteria Style Done by start of 4x400
High Jump - Boys 1st followed by Girls
Pole Vault - Girls 1st followed by Boys
Shot - 4 attempts Girls 1st followed by Boys
Discus - 4 attempts Boys 1st followed by Girls

4:30 Running Events

4 X 800 M Relay
100/110 M High Hurdles
100 M Dash
4 x 200 Relay
1600 Meter Run
4 X 100 M Relay
400 M Dash
300 M Low/Intermediate Hurdles
800 M Run
200 M Dash
3200 M Run
4 X 400 M Relay

Meet Information

- Tape is not allowed on the track we will supply chalk and tennis balls.
- Our track and jumping areas are a poly-urethane surface. We would ask that your athletes use no longer than 3/16" pyramid spikes.
- We intend to use fully automatic timing for all events.
- Results will be available after the completion of the 4x400.
- The concession stand will be open with goodies.

- There will be a numbered roster of your athletes emailed to you on Monday. Please write the number on your athlete's left hand. Each athlete in the conference should have a designated number. If you have an athlete without a number listed, please get a number from the timers in the pressbox.
- You will not need to send in your entries prior to the meet. Entries will be made at the start of each event, similar to True Team. All athletes should report to the clerk at the starting line for running events or to the event coordinator at the site for field events. They will be placed in heats at that time. **For events run in lanes, please stress to your athletes the importance of running in their assigned heat/lane if they want an accurate time.** The varsity will run first followed by JV. We will attempt to run the JV heats from faster to slower. It will help the clerk if the athletes know who should be running in the earlier heats.
- Athletes should remain in their lanes at the finish line until released by the finish official.
- Throws in the JV discus will be taken 2 at a time.