

2026 Section 7AAA True Team Track & Field

Wednesday, May 6th, 2026

(Weather Backup: Friday, May 8th, 2026)

Chanhassen High School

Participating Schools

Chanhassen, Chaska, Eden Prairie, Hopkins, Minnetonka, Robbinsdale Armstrong, St. Louis Park, Waconia, and Wayzata

Coaches Meeting

There will be a head coaches meeting at 2:30pm at the clerking tent.

Entries

There shall be three entries per individual event and one relay team available to each school.

Entry Procedure

When your entry fee has been paid, your entire roster will be uploaded on Athletic through Wayzata Results and you will receive a number assigned to each athlete. Please double check that your roster is properly loaded into Wayzata Results by Friday, May 1, 2026 at 12:56pm.

Competitor Numbers

Please use the rosters provided in your packet for competitor numbers. Numbers should be written clearly on top of the athlete's hand with a permanent marker.

Facilities

Team camps will be outside the track fence on the grassy hill or under the visitor's bleachers; team camps are not allowed on the infield. No stakes may be used for tents on the infield, including by the pole vault and high jump. Please use trash bins and clean up your team camp at the conclusion of the meet.

Chanhassen requires that athletes use ¼" pyramid spikes (or less). The shot put and discus circles are concrete. Marks on runways must be outside the lines and half tennis balls are recommended for relay marks (bottle caps or other hard objects are unacceptable).

A warm up zone will be clearly marked on the infield and is designated for athletes to use after being clerked or "on deck" for their event. Hurdles may be used in this area. Coaches are allowed on the infield – no restrictions.

Parking

Buses should drop off in the west parking lot above the track. School ends at 2:35pm; please do not park in our bus loop on the southeast side of the school until after 2:55pm.

Admission - [Use this link to purchase tickets](#)

Admission will be charged: \$8.00/adults and \$6.00/students + fees. There is no charge for student athletes from participating schools in team uniform.

Trainer

A trainer will be available near the finish line. The trainer is specifically for meet day injuries.

Concessions and Restrooms

Concession stand will be available and will include Chick-fil-A, pizza, and hot dogs. Restrooms and drinking fountains are all available at the top of the hill near the stadium entrance. There are also three porta-potties between the track and throws area and one by the tennis courts.

Games Committee

The games committee shall consist of the head coaches of the host school, Chanhassen and at large head coaches from: Chaska, Armstrong, and Waconia.

Lane Assignments

[True Team Section 7AAA Lane Assignments](#) are randomly drawn. All events are a timed final.

- The 100, 200, 400, 100/110H, and 300H will consist of three heats—teams are encouraged to run their fastest entrant in the **FIRST** heat, similar to that of the True Team State Meet.
- The 800 will consist of two sections—the first heat will have one athlete from each school—teams are encouraged to have the fastest athlete in the **FIRST** heat—and the second heat will have two athletes from each school.
- The 1600 and 3200 and all relays will consist of one section—all available coaches need to assist at the finish.

Implement Inspection

All implements will be weighed and inspected beginning at 1:00pm, 90 minutes before competition, at the small green shed between the track area and throws area. If implements do not pass inspection they will be impounded and stored at the tent near the finish line. Please pick them up at the conclusion of the competition.

Team Responsibilities

Each team will provide an adult worker and student workers for each field event (unless otherwise noted). Adult field workers are in charge of the event—please ensure they know the event rules. Chanhassen will provide all field event materials.

| | |
|----------------|---|
| Chanhassen | Provide ten student workers for the hurdle crew. |
| Hopkins | Provide an adult worker and two student workers for the shot put. |
| Minnetonka | Provide an adult worker and three student workers for the long jump. |
| Eden Prairie | Provide an adult worker and three student workers for the triple jump. |
| Wayzata | Provide an adult worker and two student workers for the discus. |
| Armstrong | Provide an adult worker and two student workers for the high jump. |
| Chaska | Provide an adult worker and two student workers for the pole vault. |
| St. Louis Park | Provide three student workers to assist the starter with starting blocks. |
| Waconia | Provide three student workers to assist the clerk with entries and results. |

Each team will have assigned relay exchange zones to judge. Please ensure you have at least one coach representing your team at each assigned exchange zone.

Relay Exchange Judge Assignments:

4x100m (Yellow marks for all zones)

Zone 1: St. Louis Park 1-4, Eden Prairie Lanes 5-9

Zone 2: Wayzata Lanes 1-4, Hopkins Lanes 5-9

Zone 3: Chaska Lanes 1-4, Minnetonka Lanes 5-9

4x200m

Zone 1: (Red marks): Chanhassen Lanes 1-4, Armstrong Lanes 5-9

Zone 2: (Red Marks): St. Louis Park Lanes 1-4, Wayzata Lanes 5-9

Zone 3: (Yellow Marks): Hopkins Lanes 1-4, Waconia Lanes 5-9

4X400m (Blue marks in lanes exchange 1; all blue triangles exchange 2-4)

Zone 1: Chaska Lanes 1-4, Eden Prairie Lanes 5-9

4X800m (Green marks)

Zone 1: Waconia

Results and Scoring

- Results will be posted by Wayzata Results
- Individual Events: 1st place is awarded 27 points and all other places will receive 1 less point per place.
- Individual Wheel Chair Events: Points will be distributed based on the number of participants. For example, if there are 3 athletes, 1st place will be awarded 3 points, 2nd place 2 points, etc...
- Relays: 36-32-28-24-20-16-12-8-4

Awards and State Qualifying

The winner of section 7AAA will automatically qualify for the State True Team Championships at Eden Prairie High School on Friday, May 15th, 2026. With twelve teams qualifying for state entry, the second, third, fourth and fifth place teams will be scored against the other sections for entry as the "wild cards" to the state championships. The top five teams for each gender need to collect True Team State information from the Meet Manager at the conclusion of the meet.

The section champions in the boys and girls will receive a team trophy and the top three teams will receive ribbons.

2027 Section 7AAA True Team

At the coaches meeting we will determine the date and location of the 2027 Section 7AAA True Team Meet.

The 2027 Section 7AAA True Team Meet should be held the week of May 10th, 2027 as the 2027 State True Team Meet will be held on Friday, May 21st, 2027.

The criteria for hosting will depend on those teams that declare their entry for the following year.

Requirements are:

Nine schools → Nine lane track

Eight schools → Eight or Nine lane track

2026 Section 7AAA True Team Meet Managers

Mike Bailey, Chanhassen Athletic Director - baileym@district112.org

Jessica Matheson, Chanhassen Head Girls Coach - mathesonj@district112.org

Nick Redman, Chanhassen Head Boys Coach - redmann@district112.org

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Chanhassen High School

Field Events

| | | | |
|-------------|-------------------|-------------|------------------|
| 1:30 | Girls Pole Vault | 4:00 | Boys Pole Vault |
| 2:00 | Boys High Jump | 5:00 | Girls High Jump |
| 2:00 – 4:30 | Boys Long Jump | 5:00 – 7:30 | Girls Long Jump |
| 2:00 – 4:30 | Girls Triple Jump | 5:00 – 7:30 | Boys Triple Jump |
| 2:30 – 4:30 | Girls Shot Put | 5:00 – 7:00 | Boys Shot Put |
| 2:30 – 4:30 | Boys Discus | 5:00 – 7:00 | Girls Discus |

Shot Put & Discus – Three flights will be arranged with one thrower from each school in each flight. Each athlete will get 4 throws (no finals). The shot put distances will be rounded to the lesser $\frac{1}{4}$ inch and discus to the lesser 1 inch.

Long/Triple Jump – The jumps will be conducted in cafeteria style. Each athlete will get (4) jumps (no finals). Distances will be rounded to the lesser ($\frac{1}{4}$ ") inch. The time schedule will be strictly adhered to.

High Jump – Starting height for girls will be 4'-0" with progressions in 2" increments. Starting height for boys will be 5'-0" with progressions in 2" increments. (Adjustments may be made to accommodate all athletes)

Pole Vault – Starting height for girls will be 5'-0" with progression to 6'-0" and 6" thereafter. Starting height for boys will be 7'-0" with progressions to 8'-0", and 9'-0", and 6" thereafter. (Adjustments may be made to accommodate all athletes)

Running Events - Individuals and relay teams (in full) must report 15 minutes prior to the event.

| <u>Start Time</u> | | | <u>Report Time</u> |
|-------------------|---------------------------------|------------------|--------------------|
| 3:30 | Girls 4 x 800 Relay | (one section) | 3:15 |
| | Boys 4 x 800 Relay | (one section) | |
| 3:55 | Girls 100 Meter High Hurdles | (three sections) | 3:40 |
| | Boys 110 Meter High Hurdles | (three sections) | |
| 4:25 | Girls 100 Meter Dash | (three sections) | 4:05 |
| | Girls 100 Meter Dash Wheelchair | (one section) | |
| | Boys 100 Meter Dash | (three sections) | |
| 4:45 | Girls 4 x 200 Relay | (one section) | 4:30 |
| | Boys 4 x 200 Relay | (one section) | |
| 5:00 | Girls 1600 Meter Run | (one section) | 4:45 |
| | Boys 1600 Meter Run | (one section) | |
| 5:25 | Girls 4 x 100 Meter Relay | (one section) | 5:10 |
| | Boys 4 x 100 Meter Relay | (one section) | |
| 5:40 | Girls 400 Meter Dash | (three sections) | 5:25 |
| | Boys 400 Meter Dash | (three sections) | |
| 6:05 | Girls 300 Meter Hurdles | (three sections) | 5:50 |
| | Boys 300 Meter Hurdles | (three sections) | |
| 6:35 | Girls 800 Meter Run | (two sections) | 6:20 |
| | Boys 800 Meter Run | (two sections) | |
| 6:55 | Girls 200 Meter Dash | (three sections) | 6:40 |
| | Girls 200 Meter Dash Wheelchair | (one section) | |
| | Boys 200 Meter Dash | (three sections) | |
| 7:20 | Girls 3200 Meter Run | (one section) | 7:05 |
| | Boys 3200 Meter Run | (one section) | |
| 7:50 | Girls 4 x 400 Relay | (one section) | 7:35 |
| | Boys 4 x 400 Relay | (one section) | |