

2023 SECTION 4AAA BOYS & GIRLS TRACK & FIELD MEET



2023 SECTION 4AAA

BOYS AND GIRLS TRACK & FIELD MEET

May 30 & June 1, 2023

STILLWATER AREA HIGH SCHOOL

MEET PROCEDURES SUMMARY

- 1. INDIVIDUAL EVENT ENTRY LIMITS:** No more than 3 contestants from a given school shall be allowed to enter an individual event. An athlete may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. *An athlete that has already entered into 3 individual running events is not eligible to be placed as a runner or alternate in a relay.*
- 2. ENTRY DEADLINE:** A contestant becomes officially entered into the first level of competition upon the entry deadline. **The established entry deadline for all entries is 11:59 PM Saturday, May 27th, 2023.** *NOTE: Entries/changes not completed by the entry deadline will not be made.*
- 3. ENTRY PROCESS:** Coaches are to electronically enter their participants on the Athletic.net Website per MSHSL procedures. Once entries have been submitted and the deadline passes an athlete is considered a competitor in ALL events entered. Medical exceptions to this policy will be handled on an individual basis at the meet by the Meet Manager and appropriate Referee. Additions may not be allowed for any reasons.
- 4. RELAY EVENT ENTRIES:** One relay team per school may be entered in relay events. Relays advance as a school team; therefore, the relay team (4 runners and 4 alternates) may change from section to state. Runners and alternates must have an available event to be placed on the relay card. *Example: An individual who is entered in the 100 meter, 200 meter and 400 meter dashes is not eligible to be placed on a relay as a runner OR alternate, as they are not eligible to run. An individual who is entered in the 100 meter dash, 200 meter dash and 4x400 meter relay may be listed as an alternate in other relays as he/she could be utilized by not participating in the 4x400 meter relay.* Relay names do not need to be submitted with meet entries. Coaches will be given relay cards at the Coaches Meeting each day. Up to six names can be provided on the relay card, which is to be turned in to the Clerk of Course, during check-in for the event.

SECTION 4AAA TRACK & FIELD MEET PLAN

5. **DAY OF MEET SCRATCHES:** Known scratches must take place prior to the start of the earliest event of the meet. An athlete that is scratched during this meeting is scratched from ALL events for which they were entered for the ENTIRE meet. Additions may not be made for any reason.
6. **PARTICIPATION:** An athlete shall participate in all entered events. If the athlete does not compete in ALL events entered, it will result in disqualification of the participant in ALL events in which the contestant is entered (including events that are final) for the ENTIRE meet. Medical exceptions to this policy will be handled on an individual basis at the meet by the Meet Manager and event Referee. A signed Physician's/Athletic Trainer's note must accompany all requests.
7. **MEET SEEDS:** Every effort will be made to email the program before 9:00 AM each meet day to the Head Coach to facilitate review of seeds for accuracy. In addition, the program will be given out at the 2:00 PM Coaches Meeting where a review of each event for seeding accuracy and scratches will occur. When it is known in advance that a heat leader in a preliminary race will not participate, the event shall be redrawn to maintain the integrity of the event.
8. **RUNNING EVENTS:** To ensure each running heat/section is competitive, there will be no less than 3 runners or teams per heat/section. Head coaches are responsible for identifying scratches to the Meet Manager at the Coaches Meeting and thereafter to the Meet Manager or Running Referee to facilitate prompt reseeding of heats/sections when necessitated. Once the running portion of the meet begins, the Clerk of Course, in consultation with the Running Referee, may adjust lane and/or heat/section assignments, to include reducing the number of heats/sections, to achieve this competitive requirement.
9. **FIELD EVENTS:**

Shot Put and Discus – There will be two or three Preliminary Competition seeded flights, with a ten-minute warmup period before each flight. Finals Competition will be seeded in reverse order of the best performance in the preliminaries and there will be a ten-minute warmup period prior to the Finals Competition.

Long Jump and Triple Jump – There will be two or three Preliminary Competition seeded flights, with a ten-minute warmup period before each flight. Finals Competition will be seeded in reverse order of the best performance in the preliminaries and there will be a ten-minute warmup period prior to the Finals Competition.

	<u>Warmup (10 min.)</u>	<u>Competition (35 min.)</u>	
Flight 1	2:50-3:00 pm	3:00-3:35 pm	
Flight 2	3:35-3:45 pm	3:45-4:20 pm	
Finals	4:20-4:30 pm	4:30-5:05 pm	*Awards immediately at conclusion of event

NOTE: If a 3rd flight is necessitated, the following additional time schedule will be used

Flight 3	4:20-4:30 pm	4:30-5:05 pm	
Finals	5:05-5:15 pm	5:50 pm	*Awards immediately at conclusion of event

SECTION 4AAA TRACK & FIELD MEET PLAN

High Jump and Pole Vault – The procedure to determine the starting heights is as follows:

High Jump: Starting height will be set 2” below the height of the 12th seeded jumper from the top seed. The crossbar will be raised 2” until three or few athletes remain or State Meet Qualifying Standard is met, whichever is sooner, then the crossbar will be raised by 1” until a clear winner is identified.

Pole Vault: Starting height will be set 6” below the height of the 12th seeded vaulter from the top seed. The cross bar will be raised 6” until three or few athletes remain or State Meet Qualifying Standard is met, whichever is sooner, then the crossbar will be raised by 3” until a clear winner is identified.

NOTE: Additionally, if the prescribed opening height plus increments does not fall exactly on the State Meet Qualifying Standard, opening heights will be adjusted down to a height that is a multiple of 2” in the High Jump and 6” in the Pole Vault below the State Meet Qualifying Standard in these events.

10. SCORES & AWARDS: Scores through 17 events will be read prior to the 4x400 meter relay, and any remaining awards that are yet to be distributed should be given at that time, but no additional readings beyond that will be provided. All awards will be awarded near the conclusion of their event. All nine placers will report to the Awards Stand when called.

The following point values will be used in scoring nine places for each event:

12 – 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Medals will be awarded to the top six finishers in each of the eighteen events. Medals will be placed around the student-athletes neck. Team plaques will be awarded to the Section Champion and Second Place teams.

11. COACHES MEETING: The Coaches Meetings will take place in room G115 2:10 pm on Day One, and same time and location on Day Two, accessed near the East Entrance Gate.

A Head Coach or an Assistant Coach is required to attend each coaches meeting. Pole Vault Weight Verification Forms and Sportsmanship/Jewelry/Uniform/Equipment Verification Forms, etc. will be emailed prior to the meet and available at the coaches meeting. Each team will receive wristbands for entry to the meet, similar to the state meet, for their athletes, coaches, managers, and meet workers.

12. GAMES COMMITTEE and JURY OF APPEALS: The Meet Manager will serve as the Chair of the Games Committee and Jury of Appeals. Specific members of the Games Committee and the Jury of Appeals on each meet day for 2023 are:

BOYS COACHES: Dominic Mahon, Tartan; Scott Christensen, Stillwater; Lane Swansson, Woodbury High School; Alternate: Reed Coffin, St. Paul Central

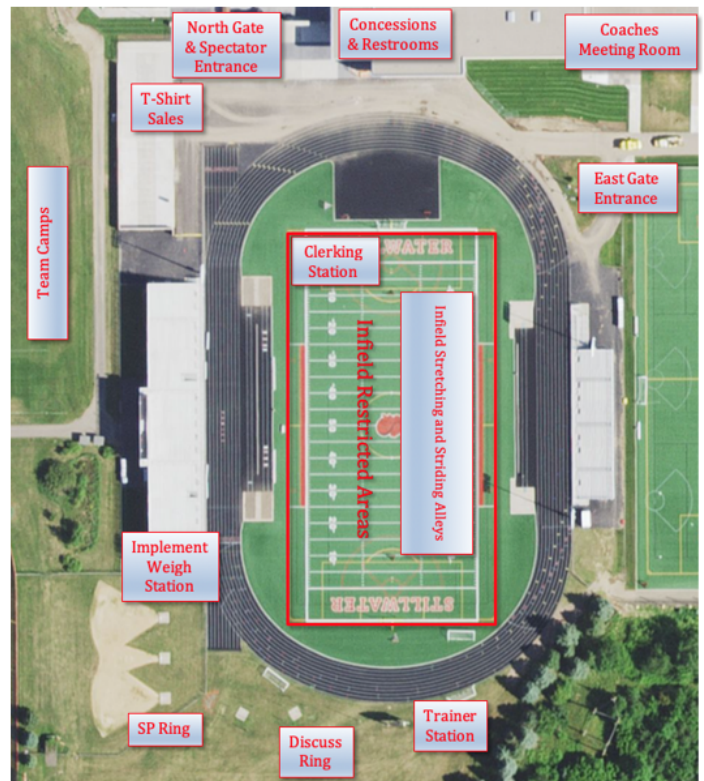
SECTION 4AAA TRACK & FIELD MEET PLAN

GIRLS COACHES: Chris Babcock, Cretin Derham-Hall; Tracy Brown, Tartan; Brianna Seibel, White Bear Lake; Alternate: Dawn Podolske, Stillwater

- 13. PARKING AND TEAM CAMPS:** Buses can arrive as early as 1:00 PM each day. Athletes unload from buses in front of the Pony Activity Center (PAC), *please do not unload in front of the stadium gates to avoid back ups in the parking lot between PAC and the softball field.* Please do not allow students to come into the building. There is nothing in the school that will be needed by visiting teams, with the exception of the Coaches Meeting and the High Jump/Pole Vault if inclement weather. Bathrooms and OnSite porta potties will be accessed from the stadium. In case of severe weather, the school gyms will be made available. An announcement over the PA will be made in this case. Buses remaining until the end of the meet are to park in the back of the school, or in the rectangular lot that is located beyond the main parking lot.

Team Camps are located outside the west side of the track stadium on the JV baseball outfield. Space under the east and/or west bleachers of the track stadium will only be used during inclement weather upon direction of the Stillwater Athletic Director.

Warm up areas for stretching and striding will be on the east side of the football infield. Only athletes competing that day will be allowed on the football infield.



SECTION 4AAA TRACK & FIELD MEET PLAN

TUESDAY (DAY ONE) TIME SCHEDULE

1:30 – 2:30 pm	Shot Put and Discus Weigh-in – <i>Under the South End of the West Bleachers</i>
1:30 – 2:30 pm	Pole Inspection – <i>Pole Vault Runway (Weight Verification Form Due)</i>
1:30 – 3:30 pm	Workers – <i>Check in at the Awards Tent (Middle of the In Field)</i>
2:10 pm	Coaches Meeting – <i>Room G115</i>
2:50 pm	National Anthem

FIELD EVENTS

3:00 pm	Long Jump	GIRLS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	Triple Jump	BOYS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	High Jump	GIRLS	Five Alive – <i>Raise by 2" until specified criteria is met, then by 1" until a clear winner is identified</i>
3:00 pm	Pole Vault	BOYS	Five Alive – <i>Raise by 6" until specified criteria is met, then by 3" until a clear winner is identified</i>
3:00 pm	Shot Put	BOYS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	Discus	GIRLS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>

NOTE: Day One Field Event awards will be presented immediately after the conclusion of their event

RUNNING EVENTS

4:00 pm	100 Meter Hurdle Prelims	GIRLS	9 Advance to Finals – <i>Heat winners plus next best times</i>
4:10 pm	110 Meter Hurdle Prelims	BOYS	9 Advance to Finals – <i>Heat winners plus next best times</i>
4:20 pm	100 Meter Dash Prelims	GIRLS	9 Advance to Finals – <i>Heat winners plus next best times</i>
4:30 pm	100 Meter Dash Prelims	BOYS	9 Advance to Finals – <i>Heat winners plus next best times</i>
4:40 pm	3200 Meter Run Finals	GIRLS	Slower Section
5:05 pm	3200 Meter Run Finals	BOYS	Slower Section
5:30 pm	400 Meter Dash Prelims	GIRLS	9 Advance to Finals – <i>Heat winners plus next best times</i>
5:45 pm	400 Meter Dash Prelims	BOYS	9 Advance to Finals – <i>Heat winners plus next best times</i>
6:00 pm	300 Meter Hurdle Prelims	GIRLS	9 Advance to Finals – <i>Heat winners plus next best times</i>
6:15 pm	300 Meter Hurdle Prelims	BOYS	9 Advance to Finals – <i>Heat winners plus next best times</i>
6:30 pm	800 Meter Run Prelims	GIRLS	12 Advance to Finals – <i>Top 2 each heat plus next best times</i>
6:45 pm	800 Meter Run Prelims	BOYS	12 Advance to Finals – <i>Top 2 each heat plus next best times</i>
7:00 pm	200 Meter Dash Prelims	GIRLS	9 Advance to Finals – <i>Heat winners plus next best times</i>
7:10 pm	200 Meter Dash Prelims	BOYS	9 Advance to Finals – <i>Heat winners plus next best times</i>
7:20 pm	3200 Meter Run Finals	GIRLS	Fast Section – <i>Top 12 Athletes</i>
7:40 pm	3200 Meter Run Finals	BOYS	Fast Section – <i>Top 12 Athletes</i>
7:45 pm	<u>AWARDS GIRLS 3200 METER RUN</u> immediately followed by <u>AWARDS BOYS 3200 METER RUN</u>		

NOTE: All times listed are tentative. No events will start more than 10 minutes before posted time.

SECTION 4AAA TRACK & FIELD MEET PLAN

THURSDAY (DAY TWO) TIME SCHEDULE

1:30 – 2:30 pm	Shot Put and Discus Weigh-in – <i>Under the South End of the West Bleachers</i>
1:30 – 2:30 pm	Pole Inspection – <i>Pole Vault Runway (Weight Verification Form Due)</i>
1:30 – 3:30 pm	Workers – <i>Check in at the Awards Tent (50 yd line of the In Field)</i>
2:10 pm	Coaches Meeting – <i>Room G115</i>
2:50 pm	National Anthem

FIELD EVENTS

3:00 pm	Long Jump	BOYS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	Triple Jump	GIRLS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	High Jump	BOYS	Five Alive – <i>Raise by 2" until specified criteria is met, then by 1" until a clear winner is identified</i>
3:00 pm	Pole Vault	GIRLS	Five Alive – <i>Raise by 6" until specified criteria is met, then by 3" until a clear winner is identified</i>
3:00 pm	Shot Put	GIRLS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>
3:00 pm	Discus	BOYS	Flights of 12 or smaller – <i>Top 10 plus ties to finals</i>

NOTE: Day Two Field Events Awards will be presented immediately after the conclusion of their event

RUNNING EVENTS

4:00 pm	4 X 800 Meter Relay Finals	GIRLS	1 Section
4:15 pm	4 x 800 Meter Relay Finals	BOYS	1 Section
4:25 pm	<u>AWARDS 4 X 800 METER RELAYS</u>		
4:30 pm	100 Meter Hurdle Finals	GIRLS	1 Heat
4:35 pm	110 Meter Hurdle Finals	BOYS	1 Heat
4:40 pm	<u>AWARDS 100 METER HURDLES AND 110 METER HURDLES</u>		
4:45 pm	100 Meter Dash Finals	GIRLS	1 Heat
4:50 pm	100 Meter Dash Finals	BOYS	1 Heat
4:55 pm	<u>AWARDS 100 METER DASHES</u>		
5:00 pm	4 X 200 Meter Relay Finals	GIRLS	1 Section
5:05 pm	4 X 200 Meter Relay Finals	BOYS	1 Section
5:10 pm	<u>AWARDS 4 X 200 METER RELAYS</u>		
5:15 pm	1600 Meter Run Finals	GIRLS	2 Sections – <i>Fast Section Second</i>
5:30 pm	1600 Meter Run Finals	BOYS	2 Sections – <i>Fast Section Second</i>
5:45 pm	<u>AWARDS 1600 METER RUNS</u>		
5:55 pm	4 X 100 Meter Relay Finals	GIRLS	1 Sections
6:00 pm	4 X 100 Meter Relay Finals	BOYS	1 Sections
6:05 pm	<u>AWARDS 4 X 100 METER RELAYS</u>		
6:10 pm	400 Meter Dash Finals	GIRLS	1 Heat
6:15 pm	400 Meter Dash Finals	BOYS	1 Heat
6:20 pm	<u>AWARDS 400 METER DASHES</u>		
6:25 pm	300 Meter Hurdle Finals	GIRLS	1 Heat
6:30 pm	300 Meter Hurdle Finals	BOYS	1 Heat
6:35 pm	<u>AWARDS 300 METER HURDLES</u>		
6:40 pm	800 Meter Run Finals	GIRLS	1 Heat
6:50 pm	800 Meter Run Finals	BOYS	1 Heat
7:00 pm	<u>AWARDS 800 METER RUNS</u>		
7:05 pm	200 Meter Dash Finals	GIRLS	1 Heat

SECTION 4AAA TRACK & FIELD MEET PLAN

7:10 pm	200 Meter Dash Finals	BOYS	1 Heat
7:15 pm	<u>AWARDS 200 METER DASHES & ALL REMAINING FIELD EVENTS</u>		
7:20 pm	<u>TEAMS SCORES THROUGH 17 EVENTS TO BE ANNOUNCED</u>		
7:25 pm	4 x 400 Meter Relay Finals	GIRLS	1 Sections
7:35 pm	4 x 400 Meter Relay Finals	BOYS	1 Sections
7:40 pm	<u>AWARDS 4 X 400 METER RELAYS AND TEAM SCORES</u>		

NOTE: All times listed are tentative. No events will start more than 10 minutes before posted time

MEET MANAGEMENT PERSONNEL

Region 4AA Executive Secretary	Jeff Whisler	Site Manager	Ricky Michel
Meet Manager	Alicia Ekegren	HYTEK/Timing System	Wayzata Results
Assistant Meet Manager	Leslie Walker		

HEAD COACHES

School	Boys' Coach	Girls' Coach
Cretin Derham-Hall	Chris Babcock	Chris Babcock#
North High School (St. Paul)	Aaron Goff	Aaron Goff
St. Paul Central	Reed Coffin*	Reed Coffin
St. Paul Harding	Anna-Marie Allen	Anna-Marie Allen
Stillwater High School	Scott Christensen*	Dawn Podolske#
Tartan High School	Dominic Mahon*	Tracy Brown#
White Bear Lake High School	Tom Paulson	Brianna Seibe#
Woodbury High School	Lane Swansson*	DJ Billingsley

* = Meet Day Boys Games Committee/Jury of Appeals member or alternate

= Meet Day Girls Games Committee/Jury of Appeals member or alternate

SECTION 4AAA TRACK & FIELD MEET PLAN

HEAD OFFICIALS AND EVENT WORKER ASSIGNMENTS

Worker	Assignment	Worker	Assignment
Leslie Walker/Cate Ekegren	Awards & Greeter	Craig Canham Mark Gagstetter	Starters
Tom Fischer Ron Kruschwitz	Clerks of Course	Peter Hoyem (Hd) 1 – Mary Beth Barry 2 – Ryan Miller 3 – Thomas Simonet 4 – Jim Anderson 5 – Staci Brown 6 – Roy Magnuson 7 – Marv 8 – TBD 9 – Kalya Klingbeil (Tuesday) 10 – Kalya Klingbeil (Tuesday)	Running Umpires
Dave Snedrud (Hd) Isaiah Allen (Asst) Team Worker (Asst)	Discuss		
Cate Ekegren	Finish Area		
David Black (Hd) Lily Hamacher(Asst) Daniel Herrera (Asst)	High Jump		
Shawn Johnson-Hipp	Hurdle Crew Manager	Jevon Jones	Results Runner
Jim Boldt (Hd) Mary Boldt (Asst) Deangelo Treadwell (Asst)	Long Jump	George Palke (Hd) Steve Stoltz (Asst) Team Worker (Asst)	Shot Put
Bob Bonine (Hd) Alexis Pratt (Asst) Team Worker (Asst) Emma Herbeck (Asst) Thursday	Pole Vault	Michael Braun (Hd) Martha Miltich (Asst) Team Worker (Asst) Tuesday Shakeela Wells-Allen Thursday	Triple Jump
Jacki Delahunt	Public Address Announcer	OSI Representative	Trainer
Morgan Wiechmann	Referee – Head & Running	Rachel Boldt	Wind Gauge – Long Jump
Alicia Ekegren	Head Field Judge	TJ Jones	Wind Gauge – Triple Jump
Alicia Ekegren	Referee – Throws	Olivia Allen	Wind Gauge – Running

- Notes:**
- Officials and workers check in with the Assistant Meet Manager (Awards Tent, 50 yd line) by 2:00 (Field Event Heads), 2:30 pm (Field Event Assistants) and 3:30 pm (Running Umpires and Finish Area).
 - Each official/worker will receive a voucher each day of the meet worked to be used for food at the concession stand.
 - Meet workers should plan to wear black or khaki pants/shorts and a white top.

SECTION 4AAA TRACK & FIELD MEET PLAN

SCHOOL WORK ASSIGNMENTS

Schools	Assignment
White Bear Lake High School (2 workers each day - shagging)	B Shot Put (Day 2)/G Shot Put (Day 1)
Cretin-Derham Hall (3 workers each day - 1 to measure & 2 for raking)	G Long Jump (Day 1)/ B Long Jump (Day 2)
North High School (4 workers each day - 2 to help measure & 2 for raking)	B Triple Jump (Day 1)/G Triple Jump (Day 2)
St. Paul Central High School (2 workers each day - bar placement)	G High Jump (Day 1)/ B High Jump (Day 2)
St. Paul Harding High School (2 workers each day - standards)	B Pole Vault (Day 1)/ G Pole Vault (Day 2)
Stillwater High School (2 workers each day - shagging)	G Discus (Day 1)/ B Discus (Day 2)
Tartan High School (10-15 to help with hurdles, 2 for starting line help)	Hurdles (Days 1&2) + Starting Blocks

Notes:

1. Each school will provide volunteer workers. Volunteers may be adults or responsible students. No one competing in the meet that day may serve in a volunteer capacity, with the exception of hurdle setters.
2. Volunteers check in with the Assistant Meet Manager (Awards Tent, 50 yd line) by 2:45 pm. All roles need to be fulfilled for the entire schedule each day of the meet and should only be changed out mid-meet with the Meet Manager's specific permission.
3. Volunteers must be able to perform the duties of the assignment; coaches must ensure volunteers can carry hurdles or throwing implements, quickly and strongly move sand in the pits, and so on.
4. Each volunteer will receive a voucher each day of the meet worked to be used for food at the concession stand.
5. *The efficiency and success of our Section 4AAA Meet is increased if all workers are at the assigned event and/or responsibility. Thank you!!*

SECTION 4AAA TRACK & FIELD MEET PLAN

STILLWATER AREA HIGH SCHOOL START LINES AND EXCHANGE ZONES

Runs:

100 Meter Dash – Start on Yellow line near the lane #

200 Meter Dash – Start on staggered White line

400 Meter Dash – Start on staggered Yellow/White line – Two turn stagger – Lanes all the way

800 Meter Run – Start on staggered Green/White line – One turn stagger – Cut on backstretch after first turn @ the orange cones on the Green/White cut line

Option if greater than 9 runners: Waterfall start and alleys similar to 1600/3200 Meter Runs

1600 Meter/3200 Meter Runs – Start on White waterfall

Option: If 2nd Alley then place 2/3rd of runners on first waterfall and 1/3rd on second waterfall with a one turn stagger – Cut on backstretch after first turn @ the orange cones on the Green/White cut line

Hurdles:

100 Meter High Hurdles – Start on Yellow line near the lane # – Yellow hurdle marks

110 Meter High Hurdles – Start on Blue line near the fence – Blue hurdle marks

300 Meter Hurdles – Start on staggered White line – White hurdle marks

Relays:

4 x 800 Meter Relay – Start on staggered Green/White line – One turn stagger – First runner cuts on backstretch after first turn @ the orange cones on the Green/White cut line

Exchanges: California exchange Green to Green

Option if greater than 9 teams: Waterfall start and alleys similar to 1600/3200 Meter Runs

4 x 200 Meter Relay – Start on staggered Red/White line – Four turn stagger – Lanes all the way

Exchanges: Red to Red / Red to Red / Yellow to Yellow (all exchanges w/ 10m acceleration mark)

4 x 100 Meter Relay – Start on staggered Yellow/White line – Two turn stagger – Lanes all the way

Exchanges: Yellow to Yellow / Yellow to Yellow / Yellow to Yellow (all exchanges w/ 10m acceleration mark)

4 x 400 Meter Relay – Start on staggered Blue/White line – Three turn stagger – First runner stays in lane – Second runner cuts on backstretch after turn @ the orange cones on the Green/White cut line

Exchanges: Blue to Blue for 1st exchange / California exchange Green to Green for 2nd & 3rd exchanges

Starting Lines:

Waterfall/Alleys – White Solid Curved Line

One Turn Stagger – Green/White Line

Two Turn Stagger – Yellow/White Line

Three Turn Stagger – Blue/White Line

Four Turn Stagger – Red/White Line

SECTION 4AAA TRACK & FIELD MEET PLAN

2023 STATE TRACK & FIELD QUALIFYING STANDARDS

Class AAA Girls	
Event	2023
100m	0:12.24
200m	0:25.06
400m	0:57.31
800m	2:15.54
1600m	4:59.99
3200m	10:52.59
100m H	0:14.85
300m H	0:44.82
4x100m	0:48.92
4x200m	1:43.88
4x400m	3:59.92
4x800m	9:27.36
HJ	5'4"
PV	11'4"
LJ	17'6"
TJ	37'1"
SP	40'1"
DT	129'6"

Class AAA Boys	
Event	2023
100m	0:10.91
200m	0:22.03
400m	0:49.54
800m	1:56.45
1600m	4:17.93
3200m	9:18.82
110m H	0:14.82
300m H	0:39.44
4x100m	0:42.81
4x200m	1:28.58
4x400m	3:23.67
4x800m	8:00.66
HJ	6'3"
PV	13'4"
LJ	21'9"
TJ	44'1"
SP	53'6"
DT	156'5"

SECTION 4AAA TRACK & FIELD MEET PLAN

BOYS TRACK & FIELD CHAMPIONSHIP RECORDS

EVENT	NAME	SCHOOL	RECORD	YEAR
100 Meter Dash	Emmanuel Matadi	St. Paul Johnson	10.75	2009
200 Meter Dash	Julian Tong	St. Paul Central	21.50	2021
400 Meter Dash	Frank Falzone	Stillwater Area	48.35	2010
800 Meter Run	Eric Gebeke	White Bear Lake Area	1:52.23	2012
1600 Meter Run	Luke Watson	Stillwater Area	4:12.27	1998
3200 Meter Run	Eric Colvin	Stillwater Area	9:03.86	2013
110 High Hurdles	Trevon Clay	St. Paul Como Park	14.14	2015
300 M Int Hurdles	Peter Stuart	Blaine	37.82	2001
4x100 M Relay	R. McKinley, G. Hurley S. Seidl, S. Seidl	Hill-Murray	42.30	2021
4x200 M Relay	A. Giovinazzo, A. Sirleaf, Q. Mann, T. Griffin	North	1:28.11	2012
4x400 M Relay	J. Headley, T. Ceulemans, C. Seiffert, M. Haskins	East Ridge	3:18.94	2017
4x800 M Relay	W. Seck, A. Stansbury, N. Johnson, I. Krahn	Stillwater Area	7:51.79	2017
Long Jump	Paul Akintade	St. Paul Highland Park	23' 5½"	2013
Triple Jump	Mason Roomes	Woodbury	48' 1½"	2016
High Jump	Greg Lawson	Blaine	6' 10"	1982
Pole Vault	Tim Koupal	Anoka	15' 2"	1997
Shot Put	Nate Englin	Mounds View	61' 8½"	2002
Discus	Jake Kubiatawicz	North	199' 7"	2017

SECTION 4AAA TRACK & FIELD MEET PLAN

GIRLS TRACK & FIELD CHAMPIONSHIP RECORDS

EVENT	NAME	SCHOOL	RECORD	YEAR
100 Meter Dash	Shaliciah Jones	North	12.02	2018
200 Meter Dash	Brieasha Hunter	Cretin-Derham Hall	24.42	2014
400 Meter Dash	Amber Affeldt	Coon Rapids	54.70	1995
800 Meter Run	Amber Affeldt	Coon Rapids	2:12.92	1995
1600 Meter Run	Tracy Dahl	Anoka	4:55.90	1988
3200 Meter Run	Analee Weaver	Stillwater	10:34.22	2021
100 Meter Hurdles	Karina Joiner	East Ridge	14.15	2016
300 Meter Hurdles	Karina Joiner	East Ridge	42.87	2016
4x100 M Relay	A. Pratt, S. Jones, J. Cooke, J. Cager	North	47.63	2017
4x200 M Relay	A. Pratt, S. Jones, J. Cooke, J. Cager	North	1:39.80	2017
4x400 M Relay	K. Kropp, R. Horner, D. Rutt, L. Swan	Anoka	3:54.80	1981
4x800 M Relay	M. Mackey, A. Gillinsrud, L. Ashbrook, A. Maciasek	Mounds View	9:21.47	1995
Long Jump	Kristi Kropp	Anoka	18' 4¼"	1982
Triple Jump	Allyson Weiss	East Ridge	38' 9"	2016
High Jump	Karen Stone	Mariner	5' 5"	1981
	Franny Grad	Blaine	5' 5"	1982
	Katie Blide	Stillwater Area	5' 5"	1982
	Barb Wagemon	Blaine	5' 5"	1986
	Kristin Scherer	Coon Rapids	5' 5"	1990
	Amanda Sullivan	North	5' 5"	1998
Pole Vault	Corrine Hale	Stillwater Area	11' 6"	2018
Shot Put	Pam Summers	Spring Lake Park	41' 11½"	1982
Discus	Angela Guenther	White Bear Lake Area	154' 3"	2012

SECTION 4AAA TRACK & FIELD MEET PLAN

WHEELCHAIR DIVISION RECORDS

100 Meter Dash	Mitzi Probst	White Bear Lake Area	34.95	2016
200 Meter Dash	Mitzi Probst	White Bear Lake Area	53.56	2017
Discus	Mitzi Probst	White Bear Lake Area	26' 2"	2016
Shot Put	Mitzi Probst	White Bear Lake Area	13' 5½"	2016