

Armstrong: Triangular Meet: Tuesday, 4/9/24

Bus leaves at 2:30pm Middle Schools out at 2:00pm

Teams Participating:

1. Armstrong
2. Spring Lake Park
3. Elk River

3:45pm Coaches Meeting (Finish Line area)

- We can discuss opening heights for high jump and pole vault at this time.
- Relay exchanges zone discuss
- Armstrong will manage hurdle crew

4:00pm- All Field Events begin

- **Shot & Discus** (3 Throws-No Finals)
- Girls will start at shot and Boys will start at discus
- Triple & Long Jump (3 jumps-No Finals) Cafeteria Style
- Pole Vault – Girls 1st Opening at 5', then up by 6".... Boys opening at 6', then up by 6" ?
- High Jump – Girls 1st Opening at 4', 4'3", 4'6" then up by 2"... Boys open at 4'6", 5', 5'3", 5'6", then up by 2'. ?

4:00 pm – Running Events Begin (rolling schedule)

4 x 800m Relay (combining both boys and girls?)

100/110m Hurdles

100m Dash

4 x 200M Relay

1600m Run

4 x 100m Relay

400m

300m Hurdles

800m Dash

200m

3200m Run (Combine genders)

4 x 400m Relay

Spikes – 1/4" pyramid spikes are allowed on all surfaces.

Markers – Please no tape on the track or runways. Chalk or half tennis balls will be provided for runways.

Infield/Turf: - Reserved strictly for competing athletes, warm-ups, and coaches. **No spectators and non-competing**

Team Camps – Camps will be by the fence along the tennis courts.

Clerking- **Will take place at the finish line or the starting line of the event. Athletes should be prepared to move on a rolling schedule. Athletes should check in by second call for their events at the latest.**

Concessions – Will be available at the concession stand

Any Questions,

Contact Derek Fisher at: Derek_Fisher@rdale.org