

White Bear Lake CoEd Meet

Saturday, April 27, 2024

Teams attending are: Mahtomedi, Elk River, Irondale, North St. Paul,
East Ridge, Sauk Rapids, WBL

Entries:

This is a scored meet with 4 athletes per event. Schools will enter athletes in events on **Athletic.net** by **Thursday, April 25 at 7:00**. Seeding of the heats will be done Thursday evening. Heats will be run from fastest to slowest.

Procedures:

1. Track athletes should check in with the clerking official (at the northwest end of the track near the 100 m. starting line) before their event. **All events will be FAT timed and times will be posted.** Field event athletes need to sign in with field event judges at 9:45.
2. Long and Triple Jump will be run on SEPARATE RUNWAYS in cafeteria style. Each competitor may have a total of four attempts. Girls first at Triple Jump. Boys first at Long Jump. Run throughs of 15 minutes between.
3. The High Jump and Pole Vault will be run efficiently. Check out with the judge if you leave. Starting height determined at coaches meeting. Two pits used.

Supplemental Information:

- Only coaches and athletes competing/warming up on the infield - no parents and non-athletes. Coaches please help with this. Please help keep non-competing athletes away from the finish line.
- Team camps must camp outside the stadium fence area. Under the stadium bleachers or on backstretch cement.
- Sunflower seeds and gum are not allowed in the stadium.
- Concession stand will be open for your enjoyment
- Admissions: \$8 adult/\$5 student <https://activities.isd624.org/online-tickets>
- Please clean up your camp area when you leave. Thanks for helping!

Order of Events:

- 9:30 Coaches Meeting
- 9:45 Sign up at Field Events
- 10:00 Field Events Begin
Pole Vault - Opening height determined at coaches meeting
High Jump - Opening height determined at coaches meeting
Triple Jump - Girls first, 4 jumps/athlete, cafeteria style
Long Jump - Boys first, 4 jumps/athlete, cafeteria style
Shot put - Boys first, 4 throws/athlete
Discus - Girls first, 4 throws/athlete
- 10:15 Running Events Begin. All events: Girls followed by Boys
Rolling schedule will be used
- 4 x 800 relay
100/110 hurdles
100 dash
4 x 200 relays
1600 run
4 x 100 relay
400 dash
300 hurdles
800 run
200 dash
3200 run
4 x 400 relay

Student Meet Workers - please report to your job by 9:45

- **Long jump** - East Ridge (3)
- **Triple jump** – Elk River (3)
- **Shot Put** – Sauk Rapids (3)
- **Discus** – North St Paul (3)
- **Pole Vault** - Irondale (4)
- **High Jump** - Mahtomedi (4)
- **Starter Cart** WBL (1)
- **Clerk** – WBL (2)
- **Blocks** – WBL (1)
- **Finish Line** - WBL (2)
- **Hurdles** – WBL (10)

Relay Exchange Responsibilities

4 x 200 red - red - yellow exchanges
exchange zone 1&3 Mahtomedi & Elk River
Finish line exchange zone 2 Sauk Rapids & Meet Officials

4 x 100 all yellow exchanges
exchange zone 1 East Ridge
exchange zone 2 Irondale
exchange zone 3 North St Paul

4 x 400 and 4 x 800 Meet Officials