

General Information

- Website:** Section 7AA has established the following web site for meet information and posting of heat sheets and results:
<https://www.isd94.org/domain/52>
- Awards:** Team trophy to be awarded to the first and second place teams.
Individual medals to be awarded to 1 – 6 place finishers.
Top eight place finishers should report to the awards area in their school uniform.
- Restroom/ Locker Rooms:** Portable toilets will be available as well as restrooms in the high school just past the gym on the right. There are also two small locker rooms available just to the left of the entrance as you enter the school. They are small so we recommend you dress at home. Please, **NO SPIKES IN THE SCHOOL!**
- Running Surfaces:** 8 lane, 400 meter all-weather polyurethane track. 1/4" pyramid spikes or less may be worn on track and jump/vault runways. **Absolutely no pin spikes will be permitted.** Clerk of course will check spikes during the meet.
- Starting Blocks:** Blocks will be provided. We use Newton blocks. Schools using stand-up (Moye) blocks are asked to provide their own. Blocks must be approved by the starter prior to the meet.
- Results:** All unofficial results will be posted after each event. Complete results will be provided to each head coach in a timely fashion at the conclusion of each day of competition. Results will also be posted on the section web site.
- Trainer:** A certified athletic trainer will be on site.

- Severe Weather:** Decisions regarding the mandatory suspension of the meet due to severe weather (in case of lightning, etc.) will be made by on site medical staff and safety personnel. Decisions regarding potential suspension of the meet due to non-mandatory conditions (severe rain, etc.) will be made by the Referee(s) and the Meet Manager. The Chisago Lakes High School gymnasium will be available to coaches and athletes in case of severe weather.
- Coaches Meeting:** A meeting for all boys head coaches and girls head coaches will be held in the hospitality garage located in the southeast corner of the track. The purpose of the meeting is for making scratches, meeting meet officials, reviewing meet information, and answering any questions.
- Clerking Area:** The staging/clerking area will be to the west of the press box. Inform your athletes to report to this area by using the turn football field from the south. Hip numbers will be used.
- Relay Cards:** Relay cards with relay personnel shall be submitted to the Meet Manager or the press box.
- Markings:** All markings for the long jump, triple jump, high jump, and pole vault must be on the side of the runway. Athletes are asked to remove their tape at the completion of their event.
Implement Inspection: Implement inspection will take place from 9:30 a.m. – 10:30 a.m. each day in the Clerk of Course tent at the north end of the track. The assigned officials will mark those that are legal and impound those which do not meet the proper specifications.
- Implement Inspection:** All implements must be weighed in at the lower level of the press box. Any implements that do not weigh-in will be retained by meet official until the conclusion of the event.
- Disqualification:** Upon disqualification, the Referee will inform the coach or participant involved. Protests should be made in writing in accordance with the NFHS rule book no later than 30 minutes after the results have been announced or made official. All protests should be turned into the press box.

- Jury of Appeals:** A Jury of Appeals will settle all disputes which arise during the meet. If a committee member's school is directly involved in the dispute that school will not participate in the final decision process resolving the dispute. The Jury of Appeals will consist of the Meet Manager, Head Starter, and the head coaches from the schools listed below:
GRAND RAPIDS, DULUTH EAST, and ELK RIVER
Alternates: CLOQUET and FOREST LAKE
- Electronic Devices:** At all Section Meets and at the State meet, i-pads, cellphones, and all other electronic devices will not be allowed in competitive or restricted areas. We will clarify the areas at the Wednesday coaches meeting. Certain meet officials shall be allowed to use their cell phones for meet communication only.
- Buses:** Please drop off your athletes in front of the ticket booth at the entrance of the football stadium. Buses should then park in the Lakes Free Church (see map). The student parking lot is closed on Wednesday until 3:00 and will be available all day on Saturday.
- Fan Parking:** On Wednesday Parents and fans will need to park by the hockey arena and baseball fields. Saturday they may use the student parking lot as well.
- Hospitality:** Coaches will be given vouchers on Wednesday and Saturday to use at the concession stand. On Saturday the cafeteria will be available for coaches.
- Field Events:** Only coaches and competing athletes will be allowed inside the fenced area of the track. All coaches must be in the coaches box when in the infield for the high jump. There will be a coaches box outside the track for all other field events. Because seating is limited we would recommend that your parents bring chairs.
- Team Camps:** Teams may camp in any grassy area along the perimeter of the high school(see map).

Apparel:

We are doing a preorder for section apparel this year through an online store. All orders and payments will be made online through the link below. Order deadline is Wednesday, May 15th. Prism Design of North Branch will be at the Section Prelims at Chisago Lakes on Wednesday, May 29th to deliver all of the orders. Coaches can place their entire team order or individual athletes can place their own order. Payment is due at time of order. Extra apparel available to purchase at the meet will be very limited! Please share this link with your athletes and their families. We'll send reminders between now and the order close date.

<https://trackmeet2019.itemorder.com/>

Warm-up Area:

Warm-ups may take place on the track until 11:00 each day. After that time warm-ups may take place on the turf football field and on a limited bases on the back stretch of the track.

Wednesday:

School is in session on Wednesday so please only go into designated areas. Also camps may be located by classroom windows, so please do your best to not disturb them.