



Saint John's

UNIVERSITY

TRACK AND FIELD TIME TRIALS

Saturday, March 23, 2019 – 11:00 AM

Track opens for warm up beginning at 10:00 AM

Bus Leaves at 9:00 AM Be at School by 8:40 AM

PARTICIPATING SCHOOLS

Alexandria-Big School
Blaine-Big School
Crosby-Ironton-Small
Glencoe- Silver Lake-Small
Elk River-Big School
Stillwater-Big School
Nighthawks
Totino-Grace-Small
Maple Grove-Big School

Results: Competitions will not be scored. Field event results will be posted. Coaches/Managers will time Athletes.

Entries: Our clerk of course will ask all track competitors for a seed time, and sections will be divided accordingly. Field event competitors will report to the head official for their event.

HOUSE RULES:

- Except for the indoor high jump, spikes will be allowed in shoes...1/4 inch or less...pyramid only...no spikes in shoes allowed if high jumping indoors
- Please do not sit, lean, or stretch on hurdles
- Please keep shoes off the walls
- Unless competing, please stay off the high jump and pole vault pits
- Please remove your tape marks when done in a jumping event
- Please empty your shoes of sand at the long jump pit or outside the building

TRACK EVENTS

We will proceed as fast as we are able.

CHECKING IN FOR TRACK EVENTS

Check in with the Clerk of Course. **Report one full event in advance.** For example, when the first boys hurdle race begins, all girl hurdlers must already have reported. Please tell each of your athletes a seed time so we can quickly and somewhat accurately place them in the proper section. Those who report on time will run. Those who do not report on time will not run.

<u>Time</u>	<u>Event</u>	<u>Entries Allowed</u>
11:00	Boys 55 Meter Hurdles	unlimited
	Girls 55 Meter Hurdles	unlimited
	Boys 55 Meters	unlimited
	Girls 55 Meters	unlimited
	Boys 1600 Meters	unlimited
	Girls 1600 Meters	unlimited
	Boys 400 Meters	5
	Girls 400 Meters	5
	Boys 800 Meters	8
	Girls 800 Meters	8
	Boys 200 Meters	5
	Girls 200 Meters	5
	Boys 1600 Meter Relay	1 entry
	Girls 1600 Meter Relay	1 entry

FIELD EVENTS

We will strictly enforce the long jump and triple jump times schedules.

11:00-11:45	Boys Long Jump	3 entries (cafeteria style, 3 jumps each)
12:00-12:45	Girls Long Jump	3 entries (cafeteria style, 3 jumps each)
1:00	Boys & Girls Triple Jump (combined)	3 entries (cafeteria style, 3 jumps each)
11:00	Girls High Jump	4 entries (cafeteria style, begins at 4'0" with 3 inch increments)
	Boys High Jump (after girls)	4 entries (cafeteria style, begins at 4'9" with 3 inch increments)
11:00	Girls Pole Vault	4 entries (cafeteria style, begins at 6'0" with 1 foot increments)
	Boys Pole Vault (after girls)	4 entries (cafeteria style, begins at 8'0" with 1 foot increments)
11:00	Girls Shot Put	4 entries (4 attempts each, no final)
	Boys Shot Put (after girls)	4 entries (4 attempts each, no final)

INDOOR TRACK EVENT INFORMATION:

- 200 Meters: one lap, white starting line, lanes all the way
- 400 Meters: two laps, blue starting line, two turn stagger (run in your lane for two turns, then move toward Lane 1)
- 800 Meters: four laps, double waterfall start on white lines (stay in alley through first turn, then move toward Lane 1)
- 1600 Meters: eight laps, double waterfall start on white lines (stay in alley through first turn, then move toward Lane 1)
- 1600 Meter Relay: 8 laps (2 laps each), blue starting line. Two turn stagger for the leadoff runner – then he/she can move toward lane 1. All other runners may move toward lane 1 immediately after receiving the baton. All exchange zones are between the white pyramids.

CHECKING IN FOR FIELD EVENTS:

Field event competitors will report to the head event official, who will be wearing an **orange vest**, at their event site before the event begins.

ALL JUMPS CAFETERIA STYLE

We are using cafeteria style in the High Jump, Pole Vault, Long Jump, and Triple Jump. Competitors in all these events will **report before the event to their head event official** who will be wearing an **orange vest**. He will assign a number which will be affixed to the front of the jersey.

The bar will be set at, for example, 4'0" in the girls' high jump. No names will be called. Jumpers will line up and jump and the head official will record results. When no more jumpers are left at 4-0, the bar will be raised to 4-3. No names will be called.