GRIAK INDOOR CLASSIC TRACK & FIELD MEET
University of Minnesota Track & Field
4:00pm Friday, March 31st
Bus leaves at 2:00pm Be at school by 1:45pm

	GIRLS TEAMS	BOYS TEAMS
Maroon Session **Friday, March 31st** **4:00 – 8:00**	DeLaSalle Two Rivers New Richmond, WI Nova Classical Academy Elk River Forest Lake Eau Claire Memorial, WI Cumberland, WI Rice Lake, WI Farmington LaCrosse Logan, WI Mounds View St. Paul Highland Park Howard Lake-Waverly-Winsted Visitation	DeLaSalle Two Rivers New Richmond, WI Nova Classical Academy Elk River Forest Lake Eau Claire Memorial, WI Cumberland, WI Rice Lake, WI Farmington LaCrosse Logan, WI Mounds View St. Paul Highland Park Howard Lake-Waverly-Winsted Woodbury St. Thomas Academy

4:00pm Field Events:

Shot Put	Contested in three/four flights. Four throws; no finals w/ **boys followed by girls**. Twenty minute warm-up period during switch over.
Long/Triple Jump	LJ – Four jumps; no finals. 105 minutes cafeteria style. Both genders simultaneously. TJ – Four jumps; no finals. 105 minutes cafeteria style. Both genders simultaneously. Two Runways. Twenty minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height , 4'6" with 2" increments thereafter. **Girls first**. Boys – 5 ft. opening height, 5'6" with 2" increments thereafter. Follow girls w/20 minute warm-up.
Pole Vault	Boys – 9 ft. opening height. Increments: 10 ft. and 6" thereafter. **Boys first**. Girls – 7 ft. opening height. Increments: 8 ft. and 6" thereafter. Follow boys w/20 minute warm-up.

Running Events: **Each session will be on a rolling time schedule.** Please advise your athletes to report to the clerk on the first call. All events: Girls followed by Boys.

Girls Lineup

4x800 Relay	Lily H.	Hannah K.	Elissa V.	Bailey S	
60m Hurdles	Jordan L	Raegan E.	Joana T.		
60m Dash	Gabby W.	Roshia C.	Louise Z		
1600m Run	Some runners might compete here.				
400m Dash	Annaliese B	Erin B.	Taylor Span		
800m Run	Emilia M	Kira W.			
200m Dash	Ashlyn E.	Odell K.	Leila B.		
1600m Run	Mya N.	Sophia G.	Carissa E.		
4x400 Relay	Sydney K.	Elsie O.	Savanna J	Gracie M	Demar/Langbehn Alt
LJ	Britta D	Steph M.	Alexa M	Gabby W Alternate	
TJ	Shiaflyn C.	Hannah A.	Kayla C.	Alexa M Alternate	
PV	Breanna A	Odessa K	Kendra C.		
HJ	Brooke E.	Madi B.	Olivia R.	Taylor S Alternate	
Shot Put	Andi M.	Rachel L	Dillon M??	Ali S Alternate	

Boys

4 x 800 Relay	Nate Johnson	Beck Cleaveland	Gavan Hanson	Christian Rean
60M Hurdles	Brecken Keoraj	Rick Flaws		
60M Dash	Matt Beaudry	Cade Osterman	Gavin Schmidt	
400M Dash	Alex Artmann	Owen Westberg	Adam Rudnitski	
800M Run	Sawyer Rueckert	Sam Rueckert	Kyle Ibister	
200M Dash	Gavin Schmidt	Jett Haneca	Lieu Dunbar	
1600M Run	Max Hite	Leif Monson	Vincent Patullo	
4 x 400 Relay	Alex Artmann	Sawyer Rueckert	Brecken Keoraj	Sam Rueckert
Long Jump	Matt Beaudry	Cade Osterman	Jackson Freeman	
Triple Jump	Matt Beaudry	Cade Osterman	Aaron Pederson	
High Jump	Parker Klein	Levi Harris	Caleb Pederson	
Shot Put	Ethan Hogan	TJ Hill	Alex Jensen	
Pole Vault	Matt Katkov	Carter Bloom	Henry Bergstrom	
Alternates 4 x 4	Levi Harris	Aaron Pederson	Jett Haneca	Carter Bloom
Alternates 4 x 8	Rick Flaws	Vincent Patullo		

General Information

Each team is permitted (3) entries/individual events and (1) relay.
Final programs will be posted by March 30th on wayzataresults.com

Athletes must report at **first call** for their event to the bleachers marked "Race Instructions". For all events requiring more than one section, in accordance with NFHS rule, **the fast section shall be run last**. Field athletes must report to their venue prior to the start of competition regardless of flight assignment.

Athletes are not permitted to use electronics anywhere on the track or infield of the Fieldhouse! All electronic devices (cell phones, headphones, earbuds etc.) must stay at your team camp or in the bleachers. All watches are legal. No food or gum on the turf!!! Uniforms must comply with MSHSL and National Federation High School rules. ¼" inch pyramid spikes are allowable

The top three athletes in individual events and the first place relay will be awarded championship Griak gear and the first place girls and boys teams will receive a championship trophy for each session. Awards may be picked up under the scorer's area.

A warm-up time will be allotted one hour prior to each session. **For liability reasons and per NFHS rule, please** make sure a coach or event official is present at the field event areas during warm-ups. By MSHSL rule, helmets are required during warm-ups and competition at the pole vault. All athletes must comply.

Concessions, t-shirts & wristbands will be on sale in the lobby.

Parents:
Admission fee is $5.00 for all spectators 12 and older.

Enter the Fieldhouse along University Ave. and proceed to the east end (turf) of the Fieldhouse and set up camps along the outside walls to accommodate a warm up area on the inside. **Please advise parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing.** Fans will not be allowed on the turf area or along the north wall.