

Section 7AAA True Team Track & Field Meet Information

May 8, 2024 Hopkins High School

You will find the following things included:

1. Athlete Entry Procedures
2. Workers
3. Competitor Numbers
4. Coaches Meeting
5. Meet Schedule
6. Miscellaneous Information

1. To enter your athletes:

You have received a roster reminder from Tony Einertson about registering for the 7AAA Meet. Check all your folders in your inbox and email me if you have any questions.

- 1) Log-in to Athletic.net
- 2) Register by Event - Roster Only.
- 3) Add the athletes as "Varsity" that you would like to receive a competitor number. This year you are NOT restricted to 50 athletes for section meets.
- 4) **Deadline is 5/2 at 7:00pm.**
- 5) Competitor numbers will be emailed to participating teams on Tuesday, 5/7.
- 6) Remember, **do not put in entries, just rosters.** This is an unseeded meet and teams will be placed in lanes and field events in a random order. Athletes will be given a competitor number to place on their hand to register for events.

2. Workers:

Each school is required to provide two student helpers and one adult worker to officiate an event.

The assignments are as follows:

Chaska - shot put

Chanhassen - girls pole vault

Waconia - boys pole vault

Wayzata - long jump

Eden Prairie - high jump

Armstrong – discus

Minnetonka - triple jump

Cooper – 4 students to assist the clerks & blocks manager

Hopkins - starter, clerk, timer & hurdle crew

3. Numbers:

Wayzata Results will assign numbers to your athletes. We will distribute permanent markers to each team. The competitor numbers should be placed on the back of the athletes' hand.

4. Coaches Meeting:

There will be a brief coaches' meeting at **2:45** in the clerking shed to review exchange zone responsibilities, and to answer any questions you may have. We must have your cooperation with judging relay exchange zones. Please check your exchange zone assignment and make sure a coach has reported for that duty.

Relay exchange judge assignments:

4x100m (Gold for all zones)

Zone 1: Wayzata Lanes 1-4, Eden Prairie Lanes 5-9

Zone 2: Cooper Lanes 1-4, Hopkins Lanes 5-9

Zone 3: Chaska Lanes 1-4, Minnetonka Lanes 5-9

4x200m

Zone 1: (Red): Cooper Lanes 1-4, Armstrong Lanes, 5-9

Zone 2: (Red): Chanhassen Lanes 1-4, Wayzata Lanes 5-9

Zone 3: (Gold): Hopkins Lanes 1-4, Waconia Lanes 5-9

4. Meet Schedule:

Field Events

1:30 Girls Pole Vault[^]	4:30 Boys Pole Vault[^]
1:30 Boys High Jump^{^^}	4:30 Girls High Jump^{^^}
3:00 Boys Long Jump^{**}	5:00 Girls Long Jump^{**}
3:00 Girls Triple Jump^{**}	5:00 Boys Triple Jump^{**}
3:00 Boys Discus Throw[*]	5:00 Girls Discus Throw[*]
3:00 Girls Shot Put[*]	5:00 Boys Shot Put [*]

*Shot and Discus – three flights organized at the event, 4 throws per athlete.

[^]Pole Vault - Opening height and increments determined at the meet by the pole vault coaches

^{^^}High Jump - Opening height and increments determined at the meet by the high jump coaches

^{**}Long Jump and Triple Jump – cafeteria style, 4 jumps per athlete.

Track Events

3:30 Girls 4 x 800	5:40 Girls 400
3:45 Boys 4 x 800	5:50 Boys 400
3:55 Girls 100 Hurdles	6:05 Girls 300 Hurdles
4:10 Boys 110 Hurdles	6:25 Boys 300 Hurdles
4:25 Girls 100 Dash	6:35 Girls 800
4:35 Boys 100 Dash	6:45 Boys 800
4:45 Girls 4 x 200	7:00 Girls 200
4:50 Boys 4 x 200	7:12 Boys 200
5:00 Girls 1600	7:25 Girls 3200
5:10 Boys 1600	7:40 Boys 3200
5:25 Girls 4 x 100	7:55 Girls 4 x 400
5:30 Boys 4 x 100	8:03 Boys 4 x 400

6. Miscellaneous Information

- The infield is to be free of spectators and non-competing athletes. Athletes will be allowed to warm-up on the infield within the boundaries of the football field.
- All track events are run as a timed final (no preliminary heats)

- Dash and hurdle events will be run in three sections with the suggested **fastest section running last**.
- Distance events (1600, 3200) will have a single section (all available coaches need to assist at finish). 800m will have 2 sections (1st section two athletes, 2nd section one athlete - **section 2 will run as the fastest section**).
- **A single call will be made for each event 15 minutes before the start. At that time all athletes need to report to the clerking shed (near the 100m starting line) for final instructions.**

Admission \$7.00 for Adults, \$5.00 for students.

Athletes must be wearing a school issued uniform for free admission

Scoring: Based on 9 teams participating.

Individual Events: 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relay Events: 36, 32, 28, 24, 20, 16, 12, 8, 4

Rain Date: Friday May 10, 2024 in case of bad weather.

Awards and Qualifying for True Team State:

The top team in the True Team section will advance to True Team State on Friday May 17 at Stillwater High School. The second through fifth teams have the opportunity to be a wild card entry at True Team State. There are four wildcards per gender from across the state. The top team in section 7AAA will receive a team trophy and top 3 teams will receive team ribbons. Top 5 teams for each gender need to get True Team State information from the Meet Manager before leaving the site.

Any questions regarding 7AAA meet should be directed to Nick Lovas: nick.lovas@hopkinsschools.org

Site Details

ATHLETE/COACH ARRIVAL:

BUS INFO:

TEAM CAMPS: Team camps will be located in the large grass area beneath our ropes course, in the center of our outdoor campus. Athletes and coaches can access the track via the main entrance gate.

SPECTATORS & TICKETS: The best spectator parking is the HS main lot, the Hopkins North MS lot, and the Royals Athletic Center lot. Tickets are \$7 for adults and \$5 for students/seniors. NO CASH option will be available at the door, as well. Spectators for both teams must enter through the main stadium entrance gate. The homestretch and backstretch grandstands will be accessible; the finish line is located in front of the West (homestretch) grandstand. Once inside the gates, spectators can freely move to/from different events via the walkway along the track. Ideally, we'd prefer that spectators stay off the track/turf areas. This area is exclusively for coaches, athletes, and meet personnel.

LIVE STREAMING:

WATER: Water jugs will be provided. Teams/players should bring their own water bottles.

ATHLETIC TRAINER: A trainer & Intern will be stationed near the clerking shed throughout the meet.

MAP OF FACILITIES: <https://hopkins-royals.com/campus-map-facilities/>