

# New Prague Trojans

## Track and Field

New Prague High School  
221 - 12<sup>th</sup> Street N.E.  
New Prague, MN 56071

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### New Prague Dual TRACK MEET (Varsity + JV) Thursday – April 13, 2023 - Beginning at 4:00 pm

Teams: New Prague + Waconia

#### General Info:

- We will be using Hero's Timing for the timing of this event. All live results are at [live.herostiming.com](http://live.herostiming.com).
  - ◆ Each school will be e-mailed a copy of the results.
- This is an "unlimited" entry meet.
- There will be **NO ADMISSION** charged for Boys/Girls Track meets.
- All spectators will enter through the Main Gate at Trojan Stadium.
- There will be concessions available at Trojan Stadium.
- Please park buses in the NPHS Parking lot across from Trojan Stadium (North of the Track across 12<sup>th</sup> Street NE).
- Team Camps will be located on green space outside of the track & inside the perimeter of the fence.
- There are **NO sunflower seeds, gum, colored beverages, or food are allowed on the turf of Trojan Stadium.**
- Our track is a 9 lane all-weather surface.
- **Participants may use 1/4 inch (or smaller) pyramid spikes on this surface.**
- **All Running Events:** Coaches will be entering athletes in advance using Athletic.net. Hero's Timing will place the athletes in heats/lanes based on seed times. ***Athletes should report to the clerk area at the NW corner of the track at 2nd call for section and lane assignments and instructions. Events that do not finish in lanes will need hip numbers supplied by Hero's Timing (i.e. 4x800 anchor, 1600 m; 800 m; 3200 m; & 4 x400 anchor).***
- **FIELD EVENTS -**
  - ◆ **Shot Put and Discus:** Four (4) throws each contestant ; No finals
  - ◆ **Long Jump and Triple Jump:** 4 jumps each ; No finals ; "Cafeteria Style."
  - ◆ **Pole Vault (Girls joined by Boys)**
    - Girls = 5'0" (move up 1' to 7'0" ; 6" after)
    - Boys = 6'0" (move up 1' to 8'0" ; 6" after)
  - ◆ **High Jump (Boys followed by Girls)**
    - Girls = 3'9" (move up 3" to 4'6" ; 2" after 4'6")
    - Boys = 4'9" (move up 3" to 5'6" ; 2" after 5'6")
  - ◆ **THESE STARTING HEIGHTS CAN BE ADJUSTED**
  - ◆ **See order of events on Page #2.**
- Calls will be given before each event. Final calls will be approximately five (5) minutes before each event. (Running events take priority over field events.) ***Coaches: Tell your athletes not to leave their field event until they hear 2<sup>nd</sup> call for their running event.***
- **Relay Exchanges: We would like to request your help:**
  - ◆ **4x2: Waconia (1st and 3rd Exchange) ; Official / New Prague (2nd Exchange)**
  - ◆ **4x1: Waconia (1st Exchange) ; New Prague (2nd Exchange) ; Waconia (3rd Exchange)**

Points: Individual Events: 6-4-3-2-1 Relay Scoring: 6-4-2  
(per NFHS Rule 2-2)

Awards: None – Individual Placings & Team Standings will be announced

# Track/Field Meet Order of Events

**Starter:** Mr. John Freeman

**Coaches Meeting:** 3:30 pm - Start/Finish Line

**Field Events:** 4:00 pm

EVENT	ORDER	OFFICIAL
Shot Put	<i>Boys followed by Girls</i>	Amy Kilian
Discus	<i>Girls followed by Boys</i>	TBD
Long Jump	<i>4:00 - 5:30 (2 Runways - Boys + Girls)</i>	Leah Wacek
Triple Jump	<i>5:30 - 6:30 (2 Runways - Boys + Girls)</i>	Brian Mikel
Pole Vault	<i>Girls followed by Boys</i>	Kevin Balabas
High Jump	<i>Boys followed by Girls</i>	Ellen Helgerson

**Running Events:** 4:30 pm

EVENT	GENDER ORDER	START; HURDLE PLACEMENT; & EXCHANGE INSTRUCTIONS
4 x 800 Relay	G-B	Green Start
100 M High Hurdles	G	Hurdles - Yellow Dot Placement
110 M High Hurdles	B	Hurdles - Blue Dot Placement
100 M Dash	G - B	N/A
4 x 200 Relay	G - B	4-Turn Stagger - Red Start; Exchanges: Red = 1-2; Red = 2-3; Yellow = 3-4
1600 M Run	G - B	N/A
4 x 100 Relay	G - B	2-Turn Stagger - Yellow Start
400 M Dash	G - B	2-Turn Stagger - Yellow Start
300 M Low Hurdles	G	Hurdles - White Dot Placement
300 M Intermediate Hurdles	B	Hurdles - White Dot Placement
800 M Run	G - B	1-Turn Stagger - White Start
200 M Dash	G - B	N/A
3200 M Run	G - B	Red Start
4 x 400 Relay	G - B	3-Turn Stagger - Blue Start

**Clerk - TBD**

**Announcer - Shawn Brandt**