

# 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 Last Chance Invitational Wednesday, May 24, 2023 - Beginning at 4:00 pm

**Teams:** **Bloomington Jefferson Jaguars, Byron Bears, Jordan Hubmen/Jaguars, New Prague Trojans, Orono Spartans, Plainview-Elgin-Millville Bulldogs, St. Peter Saints, & Waconia Wildcats.**  
- highlighted schools have paid the \$150 fee.

#### **General Info:**

- We will be using Hero's Timing for the timing of this event. Live results can be viewed during the meet on [Hero's Timing Live](#). Each school will be e-mailed a copy of the results at the conclusion of the meet.
- **Each team will be limited to 6 entries in individual events and 1 relay.**
- **In the vertical jumps (High Jump and Pole Vault), there will be a limit of 4 entries.**
- 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 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:** 4 throws each contestant ; No finals
  - ◆ **Long Jump and Triple Jump:** 4 jumps each ; No finals ; "Cafeteria Style."
  - ◆ **Pole Vault (Girls followed by Boys)**
    - Girls = 7'0" (move up 1' to 9'0" ; 6" after)
    - Boys = 8'0" (move up 1' to 10'0" ; 6" after)
  - ◆ **High Jump (Boys followed by Girls)**
    - Girls = 4-0 (move up by 2 inches)
    - Boys = 5-0 (move up by 2 inches)
  - ◆ **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 the 2nd call for their running event.**
- **Relay Exchanges: We would like to request your help:**
  - ◆ **4x2: Waconia + Jefferson (1st and 3rd Exchange) ; St. Peter + P.E.M. (2nd Exchange)**
  - ◆ **4x1: Orono (1st Exchange) ; Jordan (2nd Exchange) ; Byron (3rd Exchange)**

**Points:** Individual Events: 10-8-6-5-4-3-2-1 ; Relay Scoring: 10-8-6-4-3-2-1

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

# Track/Field Meet Order of Events

**Starter:** Mark Lagergren

**Announcer:** Shawn Brandt

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

**Field Events:** 4:00 pm

EVENT	ORDER	OFFICIAL
Shot Put	<i>Boys followed by Girls</i>	TBD
Discus	<i>Girls followed by Boys</i>	Bob Hanson
Long Jump	<i>Girls followed by Boys (Switch at 5:30)</i>	Leah Wacek
Triple Jump	<i>Boys followed by Girls (Switch at 5:30)</i>	Brian Mikel
Pole Vault	<i>Girls followed by Boys</i>	TBD
High Jump	<i>Boys followed by Girls</i>	Brian Hatlevig

**Running Events:** 4:15 pm

EVENT	GENDER ORDER	START; HURDLE PLACEMENT; & EXCHANGE INSTRUCTIONS
4 x 800 Relay	<i>Possibly co-ed, depending on entries</i>	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	<i>Possibly co-ed, depending on entries</i>	Red Start
4 x 400 Relay	G - B	3-Turn Stagger - Blue Start