



Saint John's

UNIVERSITY

TRACK AND FIELD TIME TRIALS

PARTICIPATING SCHOOLS

| Friday, March 22 – 7:00 PM | Saturday, March 23 – 11:00 AM |
|--|--|
| Track opens for warm up beginning 6:00PM | Track opens for warm up beginning 10:00 AM |
| Osakis B&G | Spectrum B&G |
| Melrose B&G | Robbinsdale Armstrong B&G |
| Hutchinson B&G | Sauk Centre B&G |
| Upsala Swanville B&G | Totino Grace B&G |
| New Century Academy B&G | Coon Rapids B&G |
| St. Cloud Cathedral B&G | Stillwater B |
| St. John's Prep B&G | Osseo B&G |
| Waconia B&G | Morris B&G |
| Rogers B&G | Northwest Nighthawks |
| Andover B&G | |
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Entry Fee: \$200 for combined teams or \$100 per gender. Make check payable to Saint John's University.

Send check to:

Jeremy Karger-Gatzow

Track and Field Coach

Saint John's University

PO Box 7277

Collegeville, MN 56321

Bus Drop Off: Drop off team members at Door #1 along Abbey Road (busses may drive to Abbey Plaza to reverse direction and drop off on the correct side of the road), then park ¼ mile away in Flyntown Lot.

Officials: Saint John's track and field team will officiate field events. However, coaches time their own athletes and count their athletes' laps.

Results: Competitions will not be scored. Field event results will be posted.

Entries: You will not need to send 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.

HIP NUMBERS: No hip numbers needed for track events.

COUNTING LAPS: We will count laps for the leaders and do the best we can for others, but coaches (and runners) are responsible for lap count.

TIMING: Coaches time their own athletes.

RESULTS: Field event results will be posted on the gray garage door at the end of the sprinting lanes.

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 they 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.

HOUSE RULES:

- Spikes: 1/4 inch or less: pyramid only.
- NO CHALK for jump approaches. Please use tape and remove it after competing.

- 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 empty your shoes of sand at the long jump pit or outside the building

Friday Schedule: 7:00pm (Building opens at 6:00pm for teams)

TRACK EVENTS

We will proceed as fast as we are able.

CHECKING IN FOR TRACK EVENTS

Check in with the Clerk of Course at 55 meter starting line. Report when event is called. 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> |
|-------------|------------------------|------------------------|
| 7:00 | 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.

| | | |
|-------------|-----------------|---|
| 7:00 – 7:40 | Boys Long Jump | 3 entries (cafeteria style, 3 jumps each) |
| 7:55 – 8:35 | Girls Long Jump | 3 entries (cafeteria style, 3 jumps each) |

| | | |
|------|-------------------------------|--|
| 8:50 | Boys & Girls Triple Jump | 3 entries (cafeteria style, 3 jumps each) (combined) |
| 7:00 | 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) |
| 7:00 | 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) |
| 7:00 | Girls Shot Put | 4 entries (4 attempts each, no final) |
| | Boys Shot Put (after girls) | 4 entries (4 attempts each, no final) |

Saturday Schedule: 11:00am (Building opens at 10:00am for teams)

TRACK EVENTS

We will proceed as fast as we are able.

CHECKING IN FOR TRACK EVENTS

Check in with the Clerk of Course at 55 meter starting line. Report when event is called. 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 | Girls 55 Meter Hurdles | unlimited |
| | Boys 55 Meter Hurdles | unlimited |
| | Girls 55 Meters | unlimited |
| | Boys 55 Meters | unlimited |
| | Girls 1600 Meters | unlimited |
| | Boys 1600 Meters | unlimited |
| | Girls 400 Meters | 5 |
| | Boys 400 Meters | 5 |
| | Girls 800 Meters | 8 |
| | Boys 800 Meters | 8 |
| | Girls 200 Meters | 5 |
| | Boys 200 Meters | 5 |
| | Girls 1600 Meter Relay | 1 entry |
| | Boys 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 | 3 entries (cafeteria style, 3 jumps each) (combined) |
| 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) |