



Chanhasen Invitational

Tuesday, April 23rd, 2024

4:00pm

Chanhasen High School

Thank you to our team sponsors:



**RESTORATION
CHIROPRACTIC
CO.**



WHITE OAK
DENTAL

Call: 952.448.2868

MEET INFORMATION

Teams: Chanhassen, Chaska, and Waconia

Location: Chanhassen High School, 2200 Lyman Blvd., Chanhassen 55317

Admission: Admission will not be charged.

Coaches Meeting: We will host a short coaches meeting at 3:45pm at the finish line.

Team Area: All camps will be outside the track fence on the grassy hill or under the visitor's bleachers. We would like a clean infield so please assist us in keeping your athletes out of the infield during the course of the meet. Athletes will be allowed to warm-up for their track events on the infield. Please replace any hurdles that are moved.

Blocks and Batons: Blocks will be provided. Each team will provide their own baton.

Scoring: Events will be scored as: 5 - 3 - 2 - 1

Concessions and Restrooms: As of now, concessions will **NOT** be available. Our booster club is trying to get some volunteers; we'll keep you updated! Restrooms and drinking fountains are all available at the top of the hill near the track entrance. There are also three porta-potties between the track and throws area.

Entrant Limits: This is an open meet. Varsity and JV athletes are welcome to participate. Unlimited entries in each event. **Please only register athletes who will compete.**

Timing & Scoring: Entries and FAT timing by Gopher State Events. **Meet entries are due by Monday, April 22nd at 8:00pm.** Gopher State Events will assign heats/lanes for each event and this information will be emailed out prior to the meet. Results will be posted on Athletic.net and Gopher State Events will email coaches a QR Code to view live results.

Exchange Zone Workers:

4x200

Zone 1 (Red): Chanhassen

Zone 2 (Red): Chaska

Zone 3 (Yellow): Waconia

4x100

Zone 1 (Yellow): Waconia

Zone 2 (Yellow): Chanhassen

Zone 3 (Yellow): Chaska

FIELD EVENTS

3:00-3:55	Pits Open for Warm-Ups	
4:00	Girls High Jump, Boys to follow	Starting Height: 3'10" for girls, 4'10" for boys
	Boys Pole Vault, Girls to follow	Starting Height: 7" for boys, 6" for girls
4:00-5:15	Girls Long Jump	4 Jumps - No Finals - Cafeteria Style
	Boys Long Jump	4 Jumps - No Finals - Cafeteria Style
	Girls Shot Put	4 Throws - No Finals - Cafeteria Style
	Boys Discus	4 Throws - No Finals - Cafeteria Style
5:15-5:30	Pits Open for Warm-Ups	
5:30-6:45	Boys Long Jump	4 Jumps - No Finals - Cafeteria Style
	Girls Triple Jump	4 Jumps - No Finals - Cafeteria Style
	Boys Shot Put	4 Throws - No Finals - Cafeteria Style
	Girls Discus	4 Throws - No Finals - Cafeteria Style

TRACK EVENTS (Girls will run first, followed by boys)

4:00	4x800m Relay	1-Turn stagger - Green start line Exchanges → Green - Green - Green
	100m Hurdles	Yellow hash marks
	110m Hurdles	Blue hash marks
	100m Dash	
	4x200m Relay	4-Turn Stagger - Red start line Exchanges → Red - Red - Yellow
	1600m Run	Waterfall or Alley start - Meet official will determine
	4x100m Dash	2-Turn stagger - White start line Exchanges → Yellow - Yellow - Yellow
	400m Dash	2-Turn stagger - White start line
	300m IM Hurdles	Red hash marks
	800m Run	1-Turn Stagger - Green start line Cut after the first turn at the green break line
	200m Dash	
	3200m Run	Waterfall or Alley start - Meet official will determine
	4x400m Relay	3-Turn Stagger - Blue start line 2nd runner cuts after the first turn at the green break line Exchanges → Blue - Green - Green