

**Orono Indoor Meet
Orono Activity Center - April 8, 2023**



8:30 am Coaches' and officials' meeting (finish line).

Field Events -Begin at 9:00 am

High Jump: Starting height: 3' 9" compete co-gender and bar will go up 3 inches

Long Jump: 4 jumps per athlete ****9 am start****

Triple Jump: 4 jumps per athlete ****10:30 start****

Pole Vault: Starting height: 6' compete co-gender. Bar will go up 12 inches until 9 feet.
Then up by 6 inches

Shot put: 4 throws per athlete. Compete co-gender.

5 entries are allowed for field events

Running Events – Begin at 9:00 am (*rolling schedule, girls first followed by boys*)

55h: unlimited entries

55m: unlimited entries

4 x 200: 1 team per school (2 turn stagger/ white start line/ 2nd runner cuts after handoff)

1600m: unlimited entries

400m: 4 entries (2 turn stagger/white start line, cut line at 150m)

800m: unlimited entries

200m: 4 entries (2 turn stagger/white start line)

4 x 400: unlimited (2 turn stagger/white start line, 1st runner cut at 150m)

Teams:

Orono, BSM, Waconia, New Prague, Chanhassen, Chaska, St. Louis Park, and Jefferson

Staging:

All athletes should check-in at the west end of the track near the 55m starting line immediately after first call for their running event is made. Field event athletes should check-in at their event with the event judge.

Timing:

All times will be FAT. Hero's Timing will be at the meet doing the timing. All results will be available on the Hero's Timing App. Meet results will also be emailed to coaches following the meet.

Concessions:

Will be available in the mezzanine by the main entrance.

Field Events details:

- Long jump/Triple jump: ¼ spikes can be used. Tell your long jumps to check in right away. The first hour of the meet is straightaway races and the backstretch is clear. We like to get as many jumps in as during that time.
- Shot put: Competition will be on the inside of the track.
- High jump/Pole vault: Competition will be on the inside of the track. The courts on the inside of the track have a slightly different surface. Quarter inch spikes are allowed on it.

Other Notes:

- Starter will be Mike Beck
- Clerks will be Jeff Brown and Jess Alex
- Announcer will be Connie Priesz or Bryan Buzard
- Team camps can be set up on the infield. We will direct teams to the appropriate spots as they arrive as high jump, pole vault, and shot put competitions will also be on the inside of the track. Please be conscious of this
- Long/triple runway is located on the backstretch of the track. The pit is in the north west corner.
- ¼ spike can be used for all running events
- Track surface is mondo and has 5 lanes.
- Communicate to your athlete to be conscious of field events on the infield (Shot, PV, and HJ)
- Bus's can drop teams off at the Orono Activity Center front entrance
- I've adjusted the entry limits a bit from years past, specifically to allow more kids to compete. Indoor meets are a delicate balance of length and getting as many kids marks as possible (We have 5 lanes instead of 8). I think we should be okay but things may go a little longer than normal. Hence the 9 am start.
- Please, reach out with questions or concerns nathan.porter@orono.k12.mn.us