

5-15-23 NEW PRAGUE JV RELAYS

Teams: Chaska, Jordan, New Prague, Northfield, Orono, Waconia

Starter: Mark Gagstetter

Field Events (Unlimited Entries) @ **4:15 PM**

Long Jump - Add top 3 distances (Boys / Girls). Cafeteria. 3 jumps. No finals. **Switch at 5:30 pm.**

Triple Jump - Add top 3 distances (Girls / Boys). Cafeteria. 3 jumps. No finals. **Switch at 5:30 pm.**

Pole Vault - Add top 3 heights (Girls / Boys) -

*Suggested: Start at 5-0 for girls and 6-0 for boys. Progress by 1'0" for the first two heights, then 6".

*We will adhere to the 10 minute rule. Please have your athletes communicate with the officials.

High Jump - Add top 3 heights (Boys / Girls) - Set starting heights at the event

*Suggested: Start at 3-6 for girls and 4-6 for boys. Progress by 3 inches.

*We will adhere to the 10 minute rule. Please have your athletes communicate with the officials.

Shot Put - Add top 3 distances (Boys / Girls) 3 throws. No finals.

Discus - Add top 3 distances (Girls / Boys) 3 throws. No finals.

Track Events (Unlimited Relays) @ **4:30 PM** [GIRLS FOLLOWED BY BOYS]

1) Simultaneous 3 x 1600m (unlimited entries, score your top 3)

2) 3 x 100 / 110 Hurdles - (unlimited entries, score your top 3)

3) 4x100m – Unlimited relays. Score only top relay.

*** Throwers 4x100m (Exhibition) ***

4) Sprint Medley (1-1-2-4) – Unlimited relays. Score only top relay.

5) 3 x 300m Hurdles - (unlimited entries, score your top 3)

6) Simultaneous 3 x 800m (unlimited entries, score your top 3)

7) 4x200m – Unlimited relays. Score only top relay.

*** Fun Relay - 4x100m Pop Relay --> (Slam a pop, smash can, pick it up, run 100m) (Exhibition) ***

Baton Relays: 4x1, Throwers 4x1, Sprint Medley, 4x2, Fun Relay

Scored As Relays: 1600, HH, IH, 800, All Field Events

We will staff all events with adult workers and varsity athletes. We'll cover field events and relay exchanges.

Check in at the clerking tent on the northwest side of the track near the 100m start.

***Some races will require hip numbers: 1600m, Sprint Medley, 800m

Hero's Timing will time and score the meet. Use Athletic.net to enter your athletes / teams

SCORING = 10 - 8 - 6 - 4 - 2 (Only one team per school can place)

JOB	COACH
CLERKS	Johnny Josephson, Nick Meyer
HJ	Cathy Ilkka
LJ	Leah Wacek, Chad Lukkes
TJ	Brian Mikel, Chad Lukkes
PV	Kari Schroeder
SP	Bob Hanson, Dirk Wells
DT	Mike Coldagelli