



# Saint John's

UNIVERSITY

## TRACK AND FIELD TIME TRIALS

### PARTICIPATING SCHOOLS

Friday, March 24 <sup>th</sup> – 7:00 PM	Saturday, March 25 – 11:00 AM
Track opens for warm up beginning 6:00PM	Track opens for warm up beginning 10:00 AM
Waconia B&G	Robbinsdale Armstrong
Andover B&G	Maple Grove
New Century Academy B&G	Totino Grace
Melrose	Mayer Lutheran both
St. cloud Cathedral	Stillwater Boys
Hutchinson	St. John's Prep
Osakis	Upsala-Swanville
Osseo	Coon Rapids
Alexandria	Nighthawks
Delano	Morris

**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.

## **Friday Schedule**

### **TRACK EVENTS**

***We will proceed as fast as we are able.***

#### **CHECKING IN FOR TRACK EVENTS**

Check in with the Clerk of Course. Report one full event in advance. For example, when the first boys hurdle race begins, all girl hurdlers must already have reported. 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.

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

<b>Time</b>	<b>Event</b>	<b>Entries Allowed</b>
7:00	Girls 55 Meter Hurdles	unlimited
	Boys 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.***

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

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 (combined)	3 entries (cafeteria style, 3 jumps each)
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**

### **TRACK EVENTS**

*We will proceed as fast as we are able.*

#### **CHECKING IN FOR TRACK EVENTS**

Check in with the Clerk of Course. Report one full event in advance. For example, when the first boys hurdle race begins, all girl hurdlers must already have reported. 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.

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

<u>Time</u>	<u>Event</u>	<u>Entries Allowed</u>
11:00	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.*

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

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 (combined)	3 entries (cafeteria style, 3 jumps each)
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)

**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 he/she 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 will be allowed in shoes...1/4 inch or less...pyramid only.
- 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 remove your tape marks when done in a jumping event
- Please empty your shoes of sand at the long jump pit or outside the building