

Metro West Conference JV Track & Field Championship
Monday, May 22nd at Orono High School

Time Schedule

Field Events

4:00 – 5:30	Boys Shot Put	6:00 – 7:30	Boys Discus
4:00 – 5:30	Girls Discus	6:00 – 7:30	Girls Shot Put
4:00 – 5:30	Boys Long Jump	6:00 – 7:30	Boys Triple Jump
4:00 – 5:30	Girls Tiple Jump	6:00 – 7:30	Girls Long Jump
4:00 – 5:30	Girls High Jump	6:00 – 7:30	Girls Pole Vault
4:00 – 5:30	Boys Pole Vault	6:00 – 7:30	Boys High Jump

Running Events (4:00)

Girls	4 x 800 Relay
Boys	4 x 800 Relay
Girls	100 High Hurdles
Boys	110 High Hurdles
Girls	100 Dash
Boys	100 Dash
Girls	4 x 200 Relay
Boys	4 x 200 Relay
Girls	1600 Run
Boys	1600 Run
Girls	4 x 100 Relay
Boys	4 x 100 Relay
Girls	400 Dash
Boys	400 Dash
Girls	300 Low Hurdles
Boys	300 Intermediate Hurdles
Girls	800 Run
Boys	800 Run
Girls	200 Dash
Boys	200 Dash
Girls	3200 Run
Boys	3200 Run
Girls	4 x 400 Relay
Boys	4 x 400 Relay

Rolling Schedule: Report When Called

Metro West Conference JV Track & Field

The JV meet is unscored but will be seeded by Wayzata Results. Go to wayzataresults.com and click on Metro West JV Championships. Please join the invitation for athletic.net to enter athletes. Unlimited entries in all events.

- The meet will be conducted under MSHSL rules regarding athlete participation.
Four total events with no more than three running or three field.
- Horizontal jumps and both throwing events will be allowed up to (3) attempts within the allotted time period. Only fair marks will be measured.
- One copy of the meet program for each gender will be provided at the coaches meeting prior to the meet. Please print the program at your school when Josh has posted the entries online.
- There will be one call for each event and athletes will report to the clerk of course for hip number assignments.
- Coaches will be responsible for having entries to wayzataresults.com no later than Friday, May 19th at 8:00.
- All team camp sites will be outside the track. Only athletes and coaches will be allowed on the infield!
- Implements will not be weighed and inspected but only shots and discuses that passed inspection at the Conference Championship will be allowed.

Team Responsibilities

- **Each school shall provide two students for hurdle detail!**

Jefferson One adult (marker), one student tape puller (Shot Put)

St. Louis Park One adult (marker), two student retrievers (Discus)

Chanhassen One adult (marker), one student tape puller (LJ)

Waconia One adult (marker), one student tape puller (TJ)

Chaska Two student bar attendants (HJ), one student pit groomer (LJ)

Orono Two student bar attendants (PV), one student pit groomer (TJ)

BSM Two students (block cart), one student pit groomer (LJ)

New Prague Two student retrievers (Shot Put), one student pit groomer (TJ)

All volunteer workers need to report no later than one half hour prior to the start of competition.

- There will be a brief coaches meeting at 3:15 on the clerking benches. Please copy and bring the pole vault verification form to venue prior to the start of warm-ups.