

**Spartan Invite**  
**Pesonen Stadium - April 30th, 2024**  
**795 Old Crystal Bay Road North**  
**Orono, MN 55356**



**Teams:**

Blake, Fridley, New Prague, Orono, Rogers, Waconia, Willmar, and St. Louis Park

**3:45pm: Coaches and officials meeting (finish line)**

**Field Events: Begin at 4:00 pm - 3 athletes per event**

High Jump: Starting heights will be 3' 10" and 4' 10" Then up by 3 inches

Long Jump: 3 jumps per athlete

Triple Jump: 3 jumps per athlete

Pole Vault: Starting heights will be 6' 0" and 8' 0" Then up by 6 inches

Shot put: 3 throws per athlete

Discus: 3 throws per athlete

**Running Events at 4:00 pm:**

- Each running event will be contested by girls first, followed by boys
- If preferred teams may enter (2) 4x800 relays, (1) varsity, (1) JV, JV relay will not count in team scoring
- For all other running events: 3 athletes per individual event, 1 relay per school

**Order of Events:**

**4 x 800m (1 heat girls, 1 heat boys)**

**110/100h**

**100m**

**4 x 200**

**1600m**

**4 x 100**

**400m**

**300h**

**800m**

**200m**

**3200m**

**4 x 400**

**Staging:**

All athletes should check-in at the south end of the track near the 100m starting line immediately after the first call for their running event is made. We will have benches set up.

Field event athletes should check-in at their event with the event judge prior to the beginning of the competition. Check should be quick with Heros providing a seeded meet.

### **Field Events notes:**

- Shot put: Boys first followed by the girls
- Discus: Girls followed by the boys
- High jump: Girls first followed by the boys
- Pole vault: Boys first followed by the girls
- Long: Boys first followed by the girls
- Triple: Girls first followed by the boys
- We'd like to make the gender switch at field events no later than 5:45 pm. An announcement will be made when it is time to change over.

### **Other Notes:**

- Clerks will be Jeff Brown and Jesse Allex
- Starter is Rich Stolp
- Announcer is Bryan Buzard
- Site supervisor is Kevin O'Connor
- Timing will be done by Hero's (Michael McGrady)
- ¼ spikes can be used for all running events and jumping events
- Buses can drop athletes off on the west side behind the back stretch. The gate near the 200m start will be open
- Team camps can be set up on the hillside on the south end near the scoreboard.
- Indoor restrooms are available. They are located in the Activity Center on the east side of the stadium behind the press box.
- Concessions will be available.
- Relay exchange zones
  - 4 x 100: **Yellow**
  - 4 x 200: 1st and 2nd: **Red**, 3rd: **yellow**
  - 4 x 400: **Blue**
  - 4 x 800 **Blue**
- Exchange zone judges
  - 4 x 100 1st: Fridley, 2nd: Blake, 3rd: Rogers
  - 4 x 200 1st: Orono, 2nd: Waconia, 3rd: St. Louis Park
  - 4 x 400 and 4 x 800 will be covered by the starter and Orono
- Cut line for the 4 x 400 is green.
- Start lines
  - 4 x 100: **White (2 turn stagger)**
  - 4 x 200: **Red (4 turn stagger)**
  - 4 x 400: **Blue (3 turn stagger)**
  - 400: **White (2 turn stagger)**