

**Spartan Invite  
Pesonen Stadium - May 4, 2023  
795 Old Crystal Bay Road North  
Orono, MN 55356**



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

**Field Events -Begin at 4:00 pm**

*\*\*3 athletes per event\*\**

High Jump: Starting height TBD at coaches meeting

Long Jump: 4 jumps per athlete

Triple Jump: 4 jumps per athlete

Pole Vault: Starting height TBD at coaches meeting

Shot put: 4 throws per athlete

Discus: 4 throws per athlete

Each running event will be contested by girls first, followed by boys

**Running Events at 4:00 pm**

*\*\*3 athletes per individual event. 1 relay per school\*\**

**4 x 800**

**110/100h**

**100m**

**4 x 200**

**1600m**

**4 x 100**

**400m**

**300h**

**800m**

**200m**

**3200m**

**4 x 400**

**Teams:**

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

**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 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 Mike Lhotka
- Announcer is Connie Priesz
- Timing will be done by Hero's (Michael McGrady is our timer)
- ¼ spikes can be used for all running events and jumping events
- Bus's 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)**