

WACONIA

Waconia High School
JV Track Meet
Thursday, April 25th, 2024

Teams: Waconia, Orono, New Prague & Jefferson
Timing - Wayzata Results

4:00pm - Field Events *unlimited entries

High Jump: G = 3-6, 3-9, 4, 4-2... B = 4-6, 4-9, 5, 5-2...(2 pits Cafeteria Style)
Long Jump: 3 Jumps per Athlete Girls 4pm start 5:30 Close Boys Start 5:45 (Cafeteria)
Triple Jump: 3 Jumps per Athlete Boys 4pm start 5:30 Close Girls Start 5:45 (Cafeteria)
Pole Vault: G = 5-0, 6-0, 6-6... B = 6-0, 7-0, 8-0, 8-6...(5 Alive Girls Followed by Boys)
Shot Put: 3 Throws per Athlete Boys 4pm - 5:30pm Girls 5:45pm (based on Flights)
Discus: 3 Throws per Athlete Girls 4pm - 5:30pm Boys 5:45pm (based on Flights)

Note: ALL Field Events Run by Waconia HS Coaching staff/Varsity Athletes

4:15pm - Running Events *unlimited entries

4 x 800 (cogender)
110/100h
100m
4 x 200 (Waconia Exchange Zone)
1600m
4 x 100 (Orono #1 Exchange, NP #2, Jefferson #3)
400m
300h
800m
200m
3200m (cogender)
4 x 400

Note: ALL Running Event Check-in/Clerking North End of track near 100m start

Notes: Concessions Available, team camps on grass ring within stadium fences, Bus can drop at Stadium gate and parking in adjacent lot, TCO Trainer on site South End Zone, ¼ spikes, Relay Exchange Zones 4X100: Yellow, 4X200: 1st & 2nd Red, 3rd Yellow 4X400: Blue

