

WACONIA

Waconia High School
JV/Varsity Track Meet
Monday, April 17th, 2023

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

3:45 - Quick Coaches Meet at Starting/Finish Area

4:00 - 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/Parents

4:15pm - Running Events *unlimited entries

4 x 800 (cogender)
110/100h
100m
4 x 200 (NP Exchange Zone)
1600m
4 x 100 (Jefferson #1 Exchange, Orono #2, Waconia #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, No admission fee for spectators, 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

