

SABRE QUAD

Teams: Alexandria, Brainerd, Willmar, Sartell
Date: Friday, April 22, 2016
Entry Fee: \$150.00 per school
Entries: Unlimited
Scoring: True Team Scoring – 3 individuals & 1 relay team per school

Schedule:

4:00 PM Field Events

Girls HJ followed by Boys
Boys Shot Put then Girls
Girls Discus then Boys
Boys Pole Vault then Girls
Girls & Boys LJ open pit
Girls & Boys TJ open pit

4 jumps or throws no finals

4:30 PM Running Events

3200 Meter Relay G-B
100/110 Meter Hurdles G-B
100 Meter Dash G-B
800 Meter Relay G-B
1600 Meter Run G-B
400 Meter Relay G-B
400 Meter Dash G-B
300 Meter Hurdles G-B
800 Meter Run G-B
200 Meter Dash G-B
3200 Meter Run G-B
1600 Meter Relay G-B

NOTES:

We may run the 3200 Relays and 3200 Run together if the weather is an issue.
Email me a list of shot & discus throwers with a seed distance to set up flights by Tuesday April 19th.
Roster will be taken from the MSHSL web site please have those up too date.
LJ & TJ pits will close following the 800 meter run.
Concession stand will be open.

Looking forward to hosting you and your team.

Feel free to contact me if you have any questions.

Thanks,

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