

St. Michael-Albertville Track & Field

Ed Bouelle Invitational

Teams: Rogers, Rocori, Spring Lake Park, Robbinsdale Armstrong, Chisago Lakes, Willmar, & STMA.

Date: Tuesday, April 26th 2016

Time 3:45 Special Olympics athletes running a few heats of a short distance race. STMA will take care of the details. This isn't a part of the meet. Feel free to cheer!

4:00 Boys Shot, followed by Girls Shot (Four throws, no finals)
Girls Discus followed by Boys Discus (Four throws, no finals)
Boys Long Jump, followed by Girls Long Jump (Four trials, no finals)
Girls Triple Jump, followed by Boys Triple Jump (Four trials, no finals)
Boys High Jump (5'0", 5'2"...) followed by Girls High Jump (4'2", 4'4"...),
Girls Pole Vault (6'0", 6'6"...) followed by Boys Pole Vault (9'0", 9'6"...),

4:00 Exhibition boys & girls 1600—8 per school per gender. (Boys & girls will run at the same time for exhibition 1600 only.) Times will be read at the finish line. No official results kept.

4:15 Running Events (see reverse side)

Awards: Medals for places 1st - 3rd with ribbons 4th - 6th place.
Trophies: Each winning gender will receive a trophy. Boys and girls scores will be combined for a team championship trophy also. There will be a male and female athlete of the meet based on total points scored in the meet. Bring your athlete name to the booth at completion of the boys' 4 x 400. Relays count full points. Each individual winner will receive a plaque.

Running Events: place your fastest runner in the first heat.

Entries: Three individuals per event, one relay team per event. You may enter 8 additional 100 meter athletes beyond the limit of three for a total of eleven. These athletes will be timed.

Scoring: Points for individuals placing 1st-6th (10, 8, 6, 4, 2, 1) and
1st-6th for relays (10, 8, 6, 4, 2, 1).

Competition numbers will be emailed to your school prior to the meet. Update your MSHSL roster.

Exchange Zones: 4 x 200 1 & 3- Rogers
4 x 100 1- Willmar
2- Spring Lake Park
3- Chisago Lakes

Rules Committee (if needed): Rocori, Robbinsdale Armstrong, STMA

Track & Runways: Latex, 1/8" pyramid spikes only.

Concessions will be available. Hospitality room for all coaches in the upper level of the press box.

Please remind your kids to pick up their awards from the Bouelle family who will be located in front of the bleachers. Thanks.

Running Events will follow this order:

Girls and Boys exhibition 1600 schools are responsible for their own times. Limit of 8 per school.

Girls 4x800 Relay

Boys 4x800 Relay

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash plus additional heats.

Boys 100m Dash plus additional heats.

Girls 4x200m Relay

Boys 4x200m Relay

Girls 1600m Run, enter three

Boys 1600m Run enter three

Girls 4x100m Relay

Boys 4x100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 300m Hurdles

Boys 300m Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Girls 4x400m Relay

Boys 4x400m Relay

Presentation of team championships for boys and girls to follow meet as well as male and female athlete of the meet.