

**Section 6AA True Team Meet  
Orono High School - May 10, 2016**



**2:15pm**      **Shot Put and Discus weigh-in (north end of the track)**

**2:30pm**      **Coaches' meeting (finish line).**

Agenda:

- 2017 Host Site (Willmar)
- 2018 Host Site (East Side School)
- HJ Starting Heights: Boys \_\_\_\_\_ Girls \_\_\_\_\_
- PV Starting Heights: Boys \_\_\_\_\_ Girls \_\_\_\_\_
- Starter / Timer Comments

**Field Events**

<b>3:00-5:15pm</b>	B	Pole Vault	<b>5:30-7:45pm</b>	G	Pole Vault
	G	High Jump		B	High Jump
	B	Shot Put		G	Shot Put
	G	Discus		B	Discus
	B/G	Long Jump (2 Runways)		B/G	Triple Jump (2 Runways)

**Running Event Finals – Starting at 3:00pm (rolling schedule)**

- G    4 x 800 m relay
- B    4 x 800 m relay
- G    100 m hurdles
- B    110 m hurdles
- G    100 m dash
- B    100 m dash
- G    4 x 200 m relay
- B    4 x 200 m relay
- G    1600 m run
- B    1600 m run
- G    4 x 100 m relay
- B    4 x 100 m relay
- G    400 m dash
- B    400 m dash
- G    300 m low hurdles
- B    300 m intermediate hurdles
- G    800 m run
- B    800 m run
- G    200 m dash
- B    200 m dash
- G    3200 m run
- B    3200 m run
- G    4 x 400 m relay
- B    4 x 400 m relay

**Competitor Numbers / Seeding:**

Competitor numbers must be written on athlete's hand. Numbers will be assigned and emailed to coaches prior to the meet. All rosters must be updated on MSHSL website by May 5, 2016.

**Entries:**

2 per team for individual events and 1 relay per team

**Teams:**

Boys: Annandale, Benson-KMS Coop 44, Dassel-Cokato, Delano, Glencoe-Silver Lake, Holy Family, Hutchinson, Litchfield, Mound Westonka, Orono, Rockford, Willmar

Girls: Annandale, Benson-KMS Coop 44, Dassel-Cokato, Delano, Glencoe-Silver Lake, Holy Family, Hutchinson, Litchfield, Mound Westonka, Orono, Rockford, Willmar

**Staging:**

All athletes should check-in at the southeast end of the track near the 100m starting line immediately after first call for their running event is made. Field event athletes should check-in at their event with the event judge.

**Scoring / Timing:**

All times will be FAT. Hero's Timing will be timing. All results will be posted online as well as available on Hero's Timing App.

**Restricted Areas:**

The infield, high jump approach area, long jump, triple jump, and pole vault runways, and clerking area are restricted areas. Please stay outside of these areas and any other roped-off or flagged areas unless competing or getting ready to compete.

**Workers:**

Orono will be covering all field events.

**Relay Exchange Judges: (Flags will be available at the finish line)**

Please have **one coach** from each school to help with exchange zones as follows:

<b>4 x 800 m relay</b>	All exchanges	Starter
<b>4 x 200 m relay</b>	1 <sup>st</sup> and 3 <sup>rd</sup> exchange 2 <sup>nd</sup> exchange	Annandale, Benson Dassel-Cokato, Delano
<b>4 x 100 m relay</b>	1 <sup>st</sup> exchange 2 <sup>nd</sup> exchange 3 <sup>rd</sup> exchange	GSL, Holy Family Hutchinson, Litchfield Mound Westonka, Rockford
<b>4 x 400 m relay</b>	All exchanges	Willmar, Starter

**Rules Committee (if needed)**

Delano Boys Coach  
Mound Westonka Girls Coach  
Litchfield Boys Coach  
Dassel-Cokato Girls Coach  
Benson Boys Coach

**Admission:**

Students: \$4.00

Adults: \$6.00

**Concessions:**

Will be available.

**Meet Entry Fee:**

\$160 for both boys and girls or \$80 for just one team. Checks Payable to Minnesota True Team Track. Checks are due by Wednesday, April 13, 2017

**Bus Parking:**

See attached map – When driving behind the school you will come to a secured gate with a keypad. Please enter the following code and the gate will open. Secured gate access code: 15011# . Please share this code with your Bus Driver.

**Field Events:**

- Long jump, triple jump, shot put, and discus competitors will receive 4 trials only and be measured to the nearest ¼” in the jumps and ½” in the throws.
- All events are finals only.
- High jump and pole vault starting heights will be decided at the coaches meeting
- Field event athletes that are also in running events must check out with their event judge and should only do so on “THIRD CALL” for their other event.
- Chalk will be provided for runways; no tape please.

**Other Notes:**

- Team camps must be set up on the hill around the scoreboard on the south end of the track.
- No Sunflower seeds on synthetic turf infield.
- Please keep your area clean.
- Athletes are allowed on the infield only if they are warming up for an event.
- Spikes up to 1/4” will be allowed – pyramids only.
- Portable restrooms are available. Please stay out of the school.
- In the event of inclement weather, athletes and fans will be asked to move to the gymnasium.
- Tennis balls will be provided for relay exchanges; no tape please.
- Athletes must exit the track/infield immediately upon completion of their event.
- High jumpers only in the high jump area.
- ALL CLERKING AT THE SOUTHEAST CORNER OF THE TRACK.

# Orono Schools Campus



**Parking Lot Key**

A	Ice Arena
B	H.S. North
C	H.S. East
D	H.S. South
E	Schumann Elementary
F	Intermediate School
G	Ed Link / I.S. West
H	Varsity Softball (limited access)
I	Pesonen Stadium (limited access)
J	Varsity Baseball (limited access)
K	M.S. North
L	M.S. West
M	Student Center