

Section 3AA

Track and Field Championships

University of St. Thomas

Tuesday, May 31 & Thursday, June 1

2016 Meet Information



Updated/ Posted May 18

Section 3AA Web Site:

<http://www.stthomastack.com/3AA>

Contact Information

School	Team	Name	e-mail
Academy of Holy Angels	Boys	Jim Gunderson	jgunderson@academyofholyanhels.org
	Girls	Jim Gunderson	jgunderson@academyofholyanhels.org
Apple Valley	Boys	Jeff Flugum	jeffrey.flugum@district196.org
	Girls	Readi Zimmer	Raedi.Zimmer@district196.org
Bloomington Jefferson	Boys	Jon Leverenz	jleveren@isd271.org
	Girls	Sean Faulk	sfaulk@isd271.org
Bloomington Kennedy	Boys	Josh Coval	jcoval@isd271.org
	Girls	Pete Svien	psvien@isd271.org
Burnsville	Boys	Jon Shelden	jshelden@isd191.org
	Girls	Jef Winterlin	jwinterlin@isd191.org
Eagan	Boys	Adam Copeland	Adam.Copeland@district196.org
	Girls	Rob Graham	rob.graham@district196.org
Eastview	Boys	Tom Sharp	Thomas.sharp@district196.org
	Girls	Jorjean Fisher	Jorjean.Fischer@district196.org
Henry Sibley	Boys	Dan Sullivan	daniel.sullivan02@gmail.com
	Girls	Alana Lucio	alana.luciothomas@isd197.org
Park	Boys	Mike Moran	mmoran@sowashco.k12.mn.us
	Girls	Matt Maher	mmaher@sowashco.k12.mn.us
Prior Lake	Boys	Ken Klamm	kklamm@priorlake-savage.k12.mn.us
	Girls	Scot Jaenicke	sjaenicke@priorlake-savage.k12.mn.us
Richfield	Boys	Teresa Stadem	Teresa.stadem@rpsmn.org
	Girls	Pat Burns	pat.burns@rpsmn.org
Rosemount	Boys	Jay Hatleli	Jay.hatleli@district196.org
	Girls	Sara Hatleli	Sara.hatleli@district196.org
Saint Thomas Academy	Boys	Doug Hoverson	dhoverson@cadets.com
Simley	Boys	Brant Luehman	bluehman01@gmail.com
	Girls	Gretchen Schwanz	gretchen.schwanz@isd199.org
South St. Paul	Boys	Randy Bjorklund	rbjorklund@sspps.org
	Girls	Tom Hart	thart@sspps.org
Visitation	Girls	Rene Gavic	rgavic@vischool.org
		Jeff Fink	jfink@visschool.org

MEET DIRECTOR

Steve Mathre

samathre@stthomas.edu
651-962-5915 office / 651-338-6723 cell

Meet Schedule

2016 SECTION 3AA TRACK & FIELD SCHEDULE

University of St. Thomas

Tuesday, May 31

Inspection

12:30-1:30 Shot and Discus
12:30 Pole Vault

1:00 LJ/TJ meeting @ venue
1:15 Coaches Meeting
1:50 National Anthem

FIELD EVENTS

2:00	Long Jump	Girls	Flts + Final
2:00	Triple Jump	Boys	Flts + Final
2:00	Pole Vault	Boys	Final
2:00	High Jump	Girls	Final
2:00	Shot Put	Boys	Flts + Final
4:30	Discus	Girls	Flts + Final

RUNNING EVENTS

3:00 PM	100 M Hurdles	Girls	Prelim Heats
3:20	110 M Hurdles	Boys	Prelim Heats
3:40	100 M Dash	Girls	Prelim Heats
3:55	100 M Dash	Boys	Prelim Heats
4:10	400 M Dash	Girls	Prelim Heats
4:30	400 M Dash	Boys	Prelim Heats
4:55	300 M Hurdles	Girls	Prelim Heats
5:10	300 M Hurdles	Boys	Prelim Heats
5:30	800 M Run	Girls	Prelim Heats
5:50	800 M Run	Boys	Prelim Heats
6:10	200 M Dash	Girls	Prelim Heats
6:30	200 M Dash	Boys	Prelim Heats
6:50	3200 M Run	Girls	2 Section Final
7:15	3200 M Run	Boys	2 Section Final

Awards

- Field Judges to walk athletes to awards stand immediately after the completion of the event
- 100m awards Thursday after 200m
- 3200m awards Thursday after 1600m

Thursday, June 2

Inspection

1:30-2:30 Shot and Discus
1:30 Pole Vault

2:00 LJ/TJ Meeting @ venue
2:15 Coaches Meeting
2:50 National Anthem

FIELD EVENTS

3:00	Long Jump	Boys	Flts + Final
3:00	Triple Jump	Girls	Flts + Final
3:00	Pole Vault	Girls	Final
3:00	High Jump	Boys	Final
3:00	Shot Put	Girls	Flts + Final
5:30	Discus	Boys	Flts + Final

RUNNING EVENTS

4:00 PM	4x800M Relay	Girls	1 Section Final
4:15	4x800 M Relay	Boys	1 Section Final
4:45	100 M Hurdles	Girls	Final
4:55	110 M Hurdles	Boys	Final
5:05	100 M Dash	Girls	Final
5:10	100 M Dash	Boys	Final
5:20	4x200 M Relay	Girls	2 Section Final
5:35	4x200 M Relay	Boys	2 Section Final
5:55	1600 M Run	Girls	Final
6:05	1600 M Run	Boys	Final
6:20	4x100 M Relay	Girls	2 Section Final
6:30	4x100 M Relay	Boys	2 Section Final
6:40	400 M Dash	Girls	Final
6:45	400 M Dash	Boys	Final
6:50	300 M Hurdles	Girls	Final
7:00	300 M Hurdles	Boys	Final
7:10	800 M Run	Girls	Final
7:20	800 M Run	Boys	Final
7:30	200 M Dash	Girls	Final
7:40	200 M Dash	Boys	Final

Team Scores through 17 Event Announced

8:00	4x400 M Relay	Girls	2 Section Final
8:12	4x400 M Relay	Boys	2 Section Final

Team Awards

Entry Procedures

The information below does not supersede the information entry information provided to each coach by the MSHSL. The MSHSL document should be consulted if there are discrepancies or questions.

Each team is **allowed two entries** per event. A **third entry is permissible**, however coaches are asked to use **competitive discretion** when deciding to enter a third athlete in an event. An additional entry (three total) per school may cause field sizes to expand beyond the competitive intent of the Championships.

(NFHS Rule 4-2-4c) No more than three contestants from a given school shall be allowed to enter an individual event. Administrative Regions may adopt a policy that further limits participation. In addition, a section qualifying standard may be utilized to get to the maximum of three entries, however, at no time may the number exceed three entries from a given school. Entries must be submitted by the school. The section entry process may not include a bid-in or filling of lane procedure.

All hand times submitted must be rounded up to the next one/tenth of a second as required by Federation rules. In addition, 0.24 seconds must be added to the rounded up time to arrive at the submitted hand held time.

MSHSL ENTRY PROCESS

Assessing Entry Form

1. **LOG ON** to your Coaches **Clipboard** page.
2. **CHOOSE** Under Administrative Links (on the right), **FIND** either Track and Field, **BOYS** or Track and Field, **GIRLS**.
3. **SELECT** Tournament Forms/Lineups.
4. You will then be **DIRECTED** to the **Section Track Entry Form**.

Filling out Entry Form

1. **CHOOSE** an **ATHLETE** from the official school roster from the pull down menu.
2. **CLICK** the **ADD** button under the **EVENT** you would like to enter the athlete.
3. **ENTER** the **seed time/distance/height** in the **box** next to the athlete (use the correct format as shown).

IMPORTANT: BE SURE ALL TRACK AND FIELD PERFORMANCE ARE IN A COMMON CORRECT FORMAT.

4. If you ADD and athlete that you later want to delete, click the **X** next to that athletes name to remove them from the event and then tab over to the seed time and manually delete their seed time.
5. Once you have entered all of your athletes, **CLICK** the **SAVE button at the top of the page**.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/23	5/24	5/25	5/26	5/27	5/28	5/29
Section 3AA Entry Calendar				<u>Entries Close</u> Online entry process closes at 6:00 PM	<u>Corrections</u> Coaches omission and corrections to be emailed to Meet Director by 6:00 PM	<u>Entry List Published</u> Entries posted and emailed on or before noon .
5/30	5/31	6/1	6/2			
<u>Heat Sheets Emailed</u> to coaches on or before noon .	Region 3AA Championships Day 1		Region 3AA Championships Day 2			

This and related entry information has been provided directly to coaches by the MSHSL. The actual MSHSL provided documents supersede this document.

NOTE: Challenges are due back to the Meet Director by 4:00PM on Sunday. **No additions or changes** can be made **after the entries have been made public**. Only scratches will be accepted at this time. Athletes scratched from an event after the entries have been made public are subject to the honest effort rule and subject to being scratched from the entire meet. Only omissions by meet management will be corrected.

MSHSL Track and Field Rule Modification

- A. A **competitor** may be entered and compete in a **total of four events** (track and field), **but not in excess of three track or field events** in arriving at the combination of four. (Modifies Rule 4-2-1, 4-2-2) An athlete that is already entered into 3 individual running events **is not eligible to be placed as a runner or alternate in a relay**.

For Sub-Section, Section, and State Competition

- A contestant becomes officially entered into the first level of competition **upon the entry deadline** established by the section.
 - If section meet procedures allow for scratches on meet day, this will be allowable at the first level of competition only, these must take place PRIOR to the start of the earliest event of the meet. **An athlete that is scratched during this meeting is scratched from ALL events for which they were entered. Additional may not be made for any reason.**
 - Once the first level of competition meet begins and/or the athlete advances and the next level meet begins (i.e.; sub- section to section or section to state), they must show up for all events in which they are entered.
 - If the athlete does not compete in all events entered, it will result in disqualification of the participant in ALL events in which the contestant is entered (including events that are final).
 - Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee. A signed PYSICIANS note must accompany ALL requests.
 - **Relays** advance as a school team. Therefore, the relay team (4 runners and 2 alternates) may change from sub- section to section and from section to state. If a Preliminary event is run, the same team of 6 runners must be used in the Finals event. Runners and Alternates must have an available event to be placed on the relay card. Example: An individual who is entered in the 100, 200 and 400 is not eligible to be placed on a relay as a runner OR alternate as they are not eligible to run. An individual who is entered in the 100, 200 and 4x400 may be listed as an alternate in the other relays as they could be utilized by not participating in the 4x400.
 - An athlete that is entered into **3 individual events** (100, 200, 400) **will be disqualified from ALL events** in which they are entered **if listed as 1 of the 6 allowable athletes in a relay**.
- B. A competitor who **fails to qualify** in a preliminary of any event shall be **considered to have participated** in the event.
- C. If a competitor competes in **three track events, only two events may be 800 meters or longer**. The penalty for violation of (A), and (B) is according to the National Federation Track and Field Rules, **(Modifies Rule 4-2-2)**. All individual and team points earned by that competitor shall be forfeited. If a competitor participated in a relay event, all relay points earned by the team shall be forfeited.
- D. A competitor who meets or exceeds the standard established for advancement to the MSHSL State Track & Field Meet in the section meet finals of the 100m, 200m or 100m/110m hurdle races, or long jump and/or triple jump shall qualify for the state meet if the wind measured during the performance is less than or equal to +4.0/sec. **(Modifies Rule 10-2-1)**.
- E. Participants must wear helmets during practice, warm-ups and competition in the pole vault.
- F. If a student should participate in more than one track meet in a given day, the total participation in both meets must not exceed the above limitations.

SUBSTITUTION OPTION

A scratched athlete may be replaced if an official scratch/substitution form is filled out and turned in to the Meet Director at or before the scratch meeting prior to each day of competition. If a team has more than two entries in an event and scratches any athlete from that event, the substitutions must have met or exceeded the section qualifying standards.

G. NFHS 2015 Track and Field Rule Book: Rule 4-3-3: Jewelry Restriction Removed for 2015 Season.

An official may ask a competitor to remove an accessory if it is not properly secured or has a high probability to damage equipment. Watches are still legal in all track and field and cross country events. Religious and medical alert medals are still legal and no longer required to be taped to the body. The coach and athlete have the ultimate responsibility to not wear items that take away from the integrity of the sport or pose a high likelihood of coming loose during competition.

Advancement



AUTOMATIC QUALIFIERS

Each Section will advance **two (2)** contestants in each individual event and **two (2)** teams in each relay event to the State Meet.

In case of a tie, the individual contestant or relay team entitled to advance **MUST** be determined at the section meet.

Timing to 1/1000 of a second **shall not** be used to break ties for advancement from sub-section to section and from section to state.

QUALIFYING BY STANDARD

In addition, a contestant or relay team will qualify by Standard to the state meet when their performance in the **section finals** surpasses or equals the established standard.

TO QUALIFY BY STANDARD IN RUNNING EVENTS:

Fully automatic timing (FAT) devices must be used at the section meet to qualify entries by standard. DAKTRONICS OR OTHER SEMI-AUTOMATIC TIMING DEVICES DO NOT MEET THIS REQUIREMENT. The approved FAT systems are: Accutrack, Lynx, Omega and an approved video system. * Section 3AA uses two independent Eagle Eye Pro F.A.T. timing systems.

If a F.A.T. malfunction occurs use the conversion procedure on the form provided, "Fully Automatic Timing Malfunction". Be sure to complete the online form on the League's website.

The performance must have been run in the FINAL RACE.

A wind gauge must be used in the required events.

Wind-aided performances **MAY NOT qualify** by standard, in the 100-meter high hurdles, 110-meter high hurdles, 200-meter dash, 100-meter dash, long jump and triple jump. Wind aided is a wind reading of greater than 4.0 m/s.

In the throws and horizontal jump events, competitors shall be credited with their best performance regardless of whether it occurs in prelims or finals, provided the prelims and finals are held on the same day, at the same site.

BREAKING TIES

Ties involving advancement to the State Meet must be broken if the qualifying standard has not been met and the number of competitors tied causes the section allotment of qualifiers to be exceeded.

For running events the FAT Operator shall break ties by using the 1/1000th second resolution to determine the rightful placeholder. In the event that the FAT operator cannot resolve the proper placeholder a runoff will be conducted.

For field events a throw off or jump off may be required in the event that the established NFHS tie breaking procedures do not resolve the proper placeholder. From a Section Meet scoring perspective ties for lower places are scored in accordance with standard NFHS procedures.

2016 State Standards

MSHSL State Track Meet Qualifying Standards

Girls AA	
100m	0:12.57
200m	0:25.54
400m	0:57.22
800m	2:15.18
1600m	5:00.97
3200m	10:54.09
100m H	0:15.20
300m H	0:45.14
4x100m	0:49.15
4x200m	1:43.72
4x400m	3:57.35
4x800m	9:24.81
High Jump	5'4"
Pole Vault	11'2"
Long Jump	17'4"
Triple Jump	36'7"
Shot Put	40'8"
Discus	130'10"

Boys AA	
100m	0:11.14
200m	0:22.34
400m	0:49.25
800m	1:55.54
1600m	4:16.83
3200m	9:13.30
110m H	0:14.95
300m H	0:39.28
4x100m	0:43.11
4x200m	1:29.56
4x400m	3:22.79
4x800m	7:59.59
High Jump	6'4"
Pole Vault	13'9"
Long Jump	21'9"
Triple Jump	44'10"
Shot Put	54'2"
Discus	155'10"

The official list of State standards are available on the MSHSL website at the following address:

http://mshsl.org/mshsl/sports/2016_TRACK_State_Standards.pdf

STATE QUALIFIERS

All coaches who have State Meet qualifiers should pick up a State Meet packets in the press-box

This and related information has been provided directly to coaches by MSHSL. The actual MSHSL provided documents supersede this document.

General Information

WEBSITE

Section 3AA has established the following web site for meet information and posting of heat sheets and results:

<http://www.stthomastack.com/3AA>

WORKERS

1. **Each school** is to provide **three (3)** workers per day.
2. Workers are to **check in at the north end of the press box 30 minutes prior** to the start of their event or the beginning of their task. All three workers should check-in together to receive instructions at the same time.
3. This form to be completed prior to the meet via an email sign-up process.

A supplemental document with assignments will be created and provided to coaches the week prior to the championships

SCORING

Scoring through eighth place as follows: 10-8-6-5-4-3-2-1

AWARDS

Team Trophy To be awarded to the first and second place teams
Individual Medals To be awarded to 1-6 place finishers in all events.
The top eight place finishers should report to the awards area in their school uniform.

LOCKER ROOMS

No locker rooms will be available within the St. Thomas stadium or athletic building.

WARM-UP

Indoor Field House: Available Track Infield: Within flagged area only Outdoor Track: Not available

INDOOR VAULT WARM-UP

An additional pole vault warm-up opportunity will be provided (indoors) during the pole vault competition. Participating schools are responsible for supervising their own athletes at all times. They may create a logistical challenge, however St. Thomas is unable to assume the liability of supervising your athletes. Each team using this warm-up area will need to staff accordingly.

FIELD HOUSE

The St. Thomas field house will be available for team camps or warm-ups.

RUNNING SURFACE

8-lane, 400 meter all-weather polyurethane track.

STARTING BLOCKS

Blocks will be provided. Schools using stand-up (Moye) blocks are asked to provide their own.

RESULTS

All results will be posted after each event underneath the stadium on the designated bulletin board. Complete results (including all heat and flight results) will be provided to each head coach in a timely fashion at the conclusion of each day of competition. Results will also be posted on section web site.

TRAINER / EMERGENCY

A certified athletic trainer will be on site. All on site emergencies should first be directed to campus security at 651-962-5100.

SEVERE WEATHER

Decisions regarding the mandatory suspension of the meet due to severe weather (in case of lightning, etc.) will be made by on site medical staff and safety personnel. Decisions regarding potential suspension of the meet due to non-mandatory conditions (severe rain, etc.) will be made by the Referee(s) and the Meet Director.

A coaches meeting will be held under the **south end of the stadium** each day prior to the start of the meet. The purpose of the meeting is to report scratches, hand in relay cards, introduce officials, review meet information and make specific announcements related to the meet. ALL head coaches are responsible for the information given at the meetings. Please refer to the meet schedule for exact times.

CLERKING AREA

Athletes are to report to the Clerk of Course to check in and receive their hip numbers at the south end of the track. The clerking station will be set up outside the track closest to the common start and finish line.

BATONS

Batons will be provided for all relay teams.

SPIKES

1/8", 3/4" or 3/16" pyramid spikes may be worn. **ABSOLUTELY NO PIN SPIKES WILL BE PERMITTED. SPIKES SHAPED LIKE CHRISTMAS TREES OR SPIRALS ARE NOT ACCEPTABLE IN THE SECTION OR STATE MEETS.** Clerk of Course will check spikes during the meet.

RELAY CARDS

Relay cards with relay personnel shall be submitted to the Meet Director or the press box.

MARKINGS

All markings for the long jump, triple, jump and pole vault must be on the side of the runway. Athletes are asked to remove their tape at the completion of their event.

INSPECTION

Implement inspection will take place under the stadium to the right of the concession area. Please refer to the meet schedule for inspection times. The assigned officials will mark those that are legal and impound those which do not meet the proper specifications.

DISQUALIFICATION

Upon disqualification, the Referee will inform the coach or participant involved. Protests should be made in writing no later than 30 minutes after the results have been announced or made official.

PROTESTS

Protests should be made in writing in accordance with the NFHS rule book no later than 30 minutes after the results have been announced or made official. All protest should be turned into the press box.

2016 JURY OF APPEALS

A Jury of Appeals will settle all disputes which arise during the meet. If a committee member's school is directly involved in the dispute, that school(s) will not participate in the final decision process resolving the dispute. The Jury of Appeals will consist of the **Meet Manager, Assistant Meet Manager**, and the coaches of the listed schools below.

Boys 1)St. Thomas Acad., 2)Simley, 3)Rosemount Alternate: Park, Eastview

Girls 1)Visitation, 2)Simley, 3)Rosemount Alternate: Park, Eastview

POLE VAULT

Legal pole vault poles must have the manufacturer's pole rating in a minimum of 3/4 - inch marking in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4 - inch marking in contrasting color on each pole. (NFHS Rule 7-5-3) Coaches may no longer re-mark a pole in the top handhold position from an etching or serial number; however, may apply a label provided by the manufacturer. The pole vault pole manufacturer Altius is not providing replacement labels for pole vault poles. Schools who own Altius poles where the marking is above the top handhold position but the contrasting color has worn off may contact the Minnesota State High School League to have the pole inspected at which time a decision will be rendered on the legality of the pole. Please contact the League if you have an Altius pole that is in this condition. **At no time shall an official or coach remark a pole.** All other requests for replacement labels must go through the manufacturer of the pole.

ELECTRONIC DEVICES

At all Sub-section and Section Meets and at the State Meet, i-pods, cell phones and all other electronic devices will not be allowed in competitive or restricted areas. This includes all field event venues, the track, clerk tent, awards area and medical tent. Please inform your athletes that this rule will be enforced at all Sub-Section and Section events as well as at the State Meet.

Creation of Flights, Heats and Sections

Event	Rounds	Advancement	Stagger	Preferred Lanes: 8 lane tack
100 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
100 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
110 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
200 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	1 turn stagger in lanes	4,5,3,6,2,7,1,8
300 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	1 turn stagger in lanes	4,5,3,6,2,7,1,8
400 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	2 turn stagger in lanes	4,5,3,6,2,7,1,8
800 M	Prelim	3 prelim heats: Top 2 in each Ht + next 6 fastest	1 turn stagger	* See below
800 M	Final	Top 12 Qualifiers	1 turn stagger	* See below
* 800m Prelims: 12 or greater per heat . Natural breaks used to determine actual number per heat.				
** 800m Finals: Preferred lane priority goes first to heat winners followed by top qualifying times. Additional participants placed on the scratch line.				
1600 M	2 Section Final	Top 12 in Section 2 (natural breaks may extend beyond 12)	1 turn stagger	2 seeded alleys
3200 M	2 Section Final	Top 12 in Section 2 (natural breaks may extend beyond 12)	1 turn stagger	2 seeded alleys
4 x 100	2 Section Final	Top 8 in Section 2	2 turn stagger in lanes	4,5,3,6,2,7,1,8
4 x 200	2 Section Final	Top 8 in Section 2	4 turn stagger in lanes	4,5,3,6,2,7,1,8
4 x 400	2 Section Final	Top 8 in Section 2	3 turn stagger	4,5,3,6,2,7,1,8
4 x 800	2 Section Final	Top 8 in Section 2	1 turn stagger	Seeded alleys

Preferred Lanes for Final: Preferred lane priority goes first to prelim heat winners followed by top qualifying times.

Lane usage: If 7 competitors: Use lanes 2-8. If 6 competitors: Use lanes 3-8. If 5 competitors: Use lanes 3-7. If 4 competitors: Use lanes 4-7. If 3 competitors: Use lanes 4-6.

Additional Information

Alterations: Lane assignments will not be altered after they have been drawn and reviewed by the Seed/Games Committee.
 No competition: If heats scratch down to provide no competition, they shall be redrawn.
 Breaking Ties: Events under 800 meters requires a run-off to determine the last qualifier. Events 800m and over will expand the field or run two sections in the final by time (no run-off needed).
 Relay Entries: To be declared the day of competition. Completed Relay Cards are to be turned in at the coaches meeting or to the Clerk of Course prior the running of the relay.

Event	Rounds	Trials	Advancement	Finals
LONG JUMP	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
TRIPLE JUMP	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
DISCUS	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
SHOT	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
* Best flights with full fields				
HIGH JUMP	1 Flight Final			Seeded worst to best
POLE VAULT	1 Flight Final			Seeded worst to best

PROGRESSIONS: Opening heights will be determined at the coaches meeting. Below is offered as a proposal. Adjusting opening heights from what is listed, in order to progress and arrive at a state standard, can supersede what's listed if agreed on at the coaches meeting.

2014 State Standards: High Jump: Girls 5'4", Boys 6'5". Pole Vault: Girls 11'1", Boys 14'0"

Event	Warm-up	Opening	Increments
BOYS HIGH JUMP	-	5'6"	2" until 5 or fewer remain 1" thereafter
GIRLS HIGH JUMP	-	4'6"	2" until 5 or fewer remain 1" thereafter
BOYS POLE VAULT	-	10'6"	Next increment increases by 1 foot 11'6". 6" until 5 or fewer remain - 3" thereafter
GIRLS POLE VAULT	-	7'6"	Next increment increases by 1 foot 8'6". 6" until 5 or fewer remain - 3" thereafter

* Vertical jumps will move indoors if inclement weather poses a safety concern.

** Opening heights may change due to inclement weather at the discretion of the Games Committee

Section 3AA Track & Field Championship Records

Boys Records

Event	Name	School	Record	Year
100m dash	Sam Zenner	Eagan	10.55	2015
200m dash	Jerry Burch	Cretin-DH	21.22	1998
400m Dash	Leron Norton	Eastview	48.45	2015
800m Dash	Dan Knapmiller	St. Paul Central	1:53.01	2001
1600m Run	Rob Finnerty	Burnsville	4:06.49	2008
3200m Run	Rob Finnerty	Burnsville	9:00.94	2008
110m High Hurdles	Rilwan Alowonle	Park	13.95	2012
300m Int. Hurdles	Rilwan Alowonle	Park	36.76	2012
Long Jump	B.J. Otto	Hill-Murray	24-0.25	2007
Triple Jump	Tyrone Minor	St. Paul Central	48-2	1989
High Jump	Frank Veldman	Eastview	6-11	2011
Pole Vault	Shawn Francis	Hastings	14-7	2004
Shot Put	Payton Otterdahl	Rosemount	59-8	2014
Discus	Mike Edmundson	Park	178-5	1989
4 x 100m Relay	Jorh Brown, Dallas Krech Troy Brown, Sam Zenner	Eagan	41.76	2015
4 x 200m Relay	Josh Brown, Joseph Williams Troy Brown, Sam Zenner	Eagan	1:27.43	2015
4 x 400m Relay		Woodbury	3:19.02	2004
4 x 800m Relay		Stillwater	7:50.63	2004

Girls Records

Event	Name	School	Record	Year
100m Dash	Kylie Peterson	Apple Valley	11.81	2008
200m Dash	Sade Pollard	Harding	24.70	2006
400m Dash	Honour Finley	Bloom. Kennedy	55.13	2015
800m Dash	Kelli Praska	Eagan	2:13.26	2015
1600m Run	Taylor School	Prior Lake	5:00.31	2012
3200m Run	Danielle Anderson	Eagan	10:45.13	2012
100m Hurdles	Karina Joiner	East Ridge	14.16	2015
300m Hurdles	Karina Joiner	East Ridge	44.00	2015
Long Jump	Amanda Beckman	Eastview	19-1	2010
Triple Jump	Melita Ware	Eastview	38-06	2013
High Jump	Robyn Hackbarth	Kellogg	5-6	1986
	Madison Scholl	Prior Lake	5-6	2014
Pole Vault	Hannah Linder	Apple Valley	11-07.25	2012
Shot Put	Kasie Vollmer	Prior Lake	42-7	2014
Discus	Kasie Vollmer	Prior Lake	160-10	2014
4 x 100m Relay	Megan Maki, Jaryn Pipkins Chanel Miller, Taylor Browning	Apple Valley	47.53	2011
4 x 200m Relay		Woodbury	1:42.02	2005
4 x 400m Relay	Natalie Windels, Olivia Mitchell, Kelli Praska, Maddie Gourley	Eagan	3:56.88	2015
4 x 800m Relay	Anna Van Wyk, Raissa Hansen Olivia Mitchell, Kelli Praska	Eagan	9:21.84	2014

Section 3AA Relay Card

SCHOOL :	
BOYS	GIRLS
4 X 800	
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 200	
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 100	
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 400	
1	1
2	2
3	3
4	4
A1	A1
A2	A2

SIGNATURE OF BOYS' COACH:

SIGNATURE OF GIRLS' COACH:

Date: _____

Date: _____

Driving Directions & Spectator Parking

Driving Directions

University of St. Thomas
Saint Paul Minnesota

35-E from the South

When I-35 splits into 35E and 35W, follow 35E. Take 35E north to the Randolph exit. Make a left on Randolph (crossing over 35E) and follow Randolph for approximately two miles to Cleveland Avenue. Make a right on Cleveland Avenue and go approximately 1.5 miles to Grand Avenue. Turn left on Grand.

35-E from the North

When I-35 splits into 35E and 35W, follow 35E. Take 35E to Exit I-94 going west. Take I-94 west to the Cretin/Vandalia exit. Go left (south) on Cretin Avenue approximately one mile. Turn left at the Grand Avenue stoplight.

West I-94 from East - St. Paul

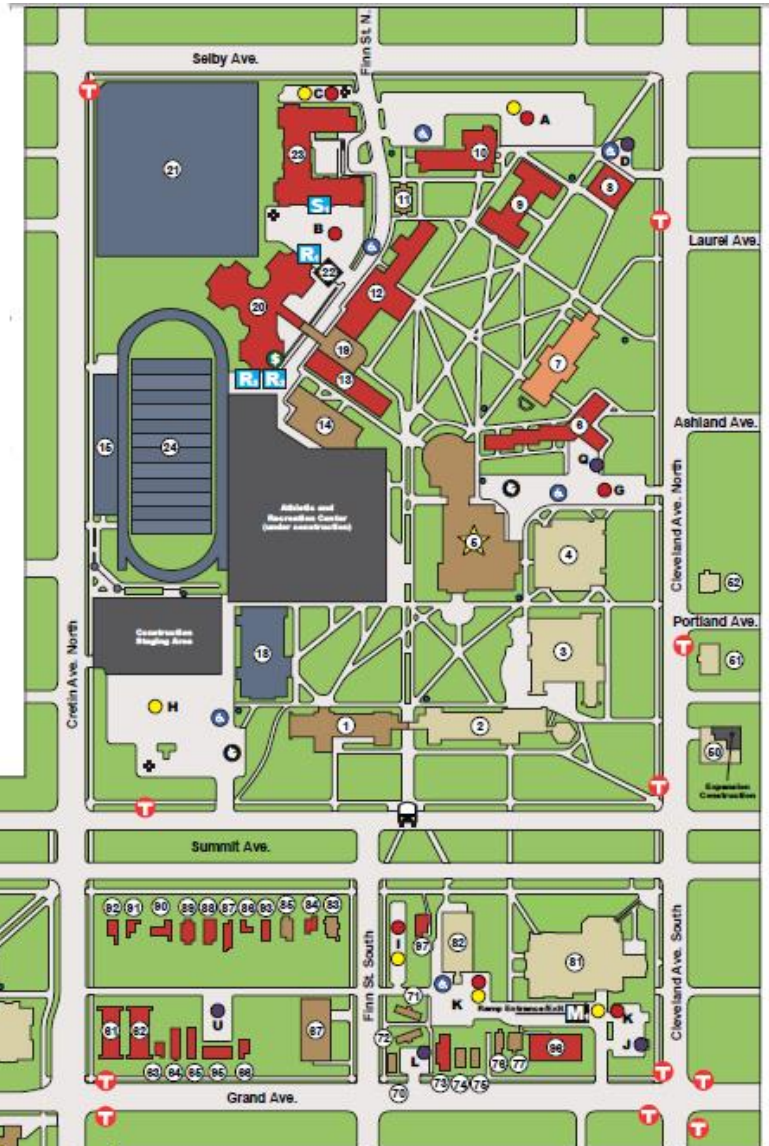
Take I-94 west to the Cretin/Vandalia exit. Go left (south) on Cretin Avenue approximately one mile.

East I-94 from West - Minneapolis

Take I-94 east to the Cretin/Vandalia exit. Go right (south) on Cretin Avenue approximately one mile.

Section 3AA T & F Championship Parking Instructions

Visitor parking is in the Anderson Parking Facility located on the corner of Cretin Ave. and Grand Ave.



Visitor parking is in the Anderson Parking Facility located on the corner of Cretin Ave. and Grand Ave.

Bus Instructions for Driver

Bus Drop Off

The drop off site for your event is north bound Cretin Ave. north of O'Shaughnessy Stadium. Please don't use any other location. See location marked in yellow and arrow location.

Bus Parking

There is no bus parking on the University of St. Thomas Campus.

Buses are to drop off and return at a designated pick up time. We suggest proceeding north on Cretin Ave to University Ave, two blocks north of 1 94. There are many large parking lots in this area. Additionally, there is restricted city permit parking within a 6 block range of the campus.

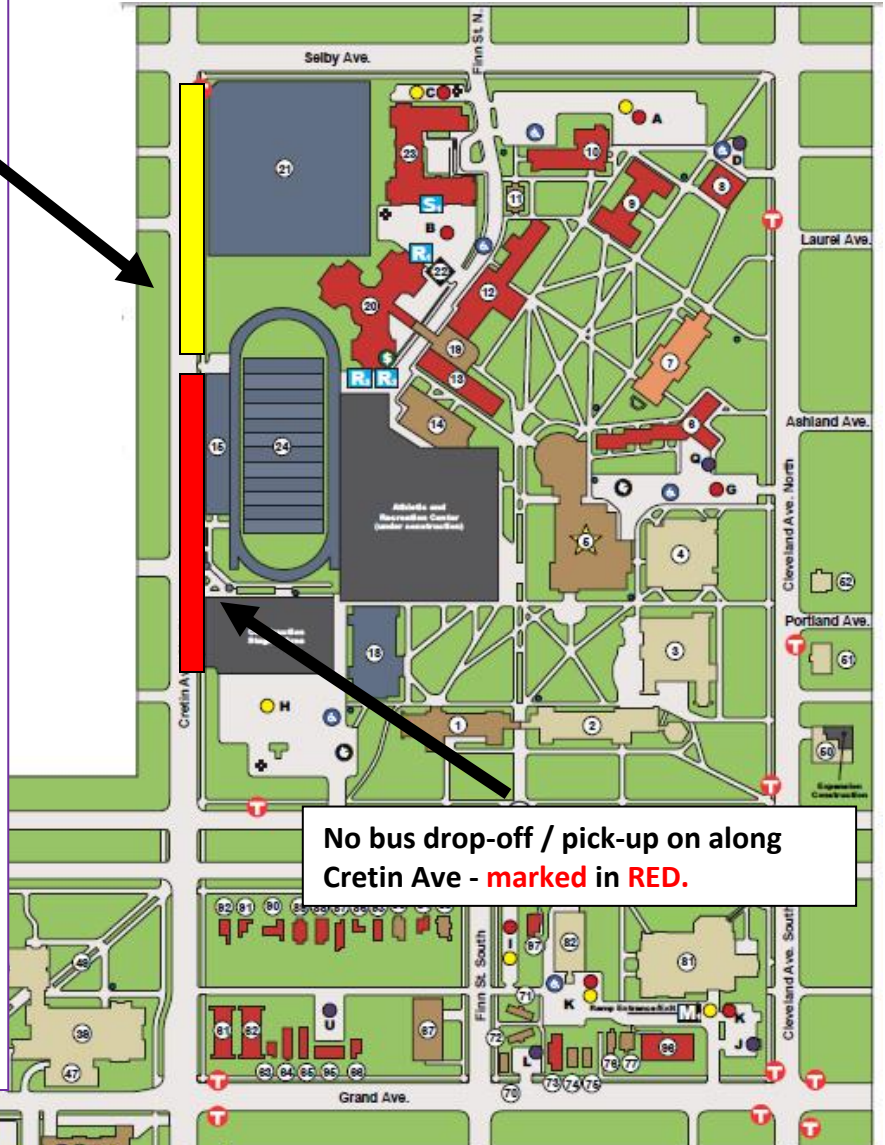
Out of respect for our neighbors we ask that you **NOT park on Cretin Ave., Summit Ave., Grand Ave., Cleveland Ave., or any other residential street in the neighborhood**, even if permit parking is not enforced at this time. Around campus there are Metro Transit bus stops. There is **no bus parking** allowed at these stops. All of the above cases may result in a citation or a visit by UST Public Safety or St. Paul Police.

Bus Pick Up

Buses are not to arrive and wait for an extended period. Pick up is **ONLY** at the location referenced on the map.

The bus driver should be contacted by phone prior to an accurate boarding and departure time for your team.

There is NO Bus parking on the St. Thomas campus



No bus drop-off / pick-up on along Cretin Ave - marked in RED.

Bus Drop/ & Pick-Up in Designated Area Only

