**2017 Section 1AAA True Team Meet**

**Farmington High School**

**Tuesday, May 9, 2017**

**Time Schedule**

**Austin, Farmington, Lakeville North, Lakeville South, New Prague,**

**Northfield, Owatonna, Rochester Century, Rochester John Marshall, Rochester Mayo**

12:45   Coaches Meeting below press box

Field Events

1:30 **Boys Pole Vault** 5:00 **Girls Pole Vault**

1:30 **Boys High Jump** 1:30   **Girls High Jump**

1:30 **Boys Triple Jump** (3 Flights)         1:30   **Girls Triple Jump** (3 Flights)

                Flight 1  (1:30 -- 2:00)                                 Flight 1  (1:30 -- 2:00)

Flight 2  (2:10 -­ 2:40)                                 Flight 2  (2:10 -­ 2:40)

Flight 3  (2:50 -­ 3:20)   Flight 3  (2:50 -­ 3:20)

3:45  **Boys Long Jump** (3 Flights)   3:45 **Girls Long Jump** (3 Flights)

Flight 1  (3:45 -­ 4:15)                               Flight 1  (3:45 -­ 4:15)

Flight 2  (4:25 -­ 4:55)                                 Flight 2  (4:25  -­ 4:55)

Flight 3  (5:05 -­ 5:35)     Flight 3  (5:05 -­ 5:35)

2:15   **Boys Shot Put** (3 Flights)                             2:15 **Girls Discus** (3 Flights)

Flight 1  (2:15  -­ 2:55)                                 Flight 1  (2:15  -­ 2:55)

Flight 2  (3:05  -­ 3:45)                               Flight 2  (3:05  -­ 3:45)

Flight 3  (3:55  -­ 4:35)   Flight 3  (3:55  -­ 4:35)

4:55   **Boys Discus** (3 Flights)     4:55 **Girls Shot Put** (3 Flights)

Flight 1  (4:55 -­ 5:35)                             Flight 1  (4:55 -­ 5:35)

Flight 2  (5:45 -­ 6:25)                                 Flight 2  (5:45 -­ 6:25)

Flight 3  (6:35  -­ 7:15)   Flight 3  (6:35  -­ 7:15)

\*Note:  Coaches decide which flight their athletes will be in; computer decides the trial sequence.

Running Events

2:45 Girls 4 x 800m Relay  (1 Section)

3:00 Boys 4 x 800m Relay  (1 Section)

3:10 Girls 100m Hurdles  (4 Sections)

3:25 Boys 110m Hurdles  (4 Sections)

3:40 Girls 100m Dash  (4 Sections)

3:50 Boys 100m Dash  (4 Sections)

4:00 Girls 4 x 200m Relay  (2 Sections)

4:10 Boys 4 x 200m Relay  (2 Sections)

4:25 Girls 1600m Run  (1 Section)

4:35 Boys 1600m Run  (1 Section)

4:50 Girls 4 x 100m Relay  (2 Sections)

5:00 Boys 4 x 100m Relay  (2 Sections)

5:10 Girls 400m Dash  (4 Sections)

5:20 Boys 400m Dash  (4 Sections)

5:35 Girls 300m Low Hurdles  (4 Sections)

5:55 Boys 300m Intermediate Hurdles  (4 Sections)

6:10 Girls 800m Run  (3 Sections)

6:30 Boys 800m Run  (3 Sections)

6:50 Girls 200m Dash  (4 Sections)

7:00 Boys 200m Dash  (4 Sections)

7:10 Girls 3200m Run  (1 Section)

7:25 Boys 3200m Run  (1 Section)

7:40 Girls 4 x 400m Relay  (2 Sections)

7:55 Boys 4 x 400m Relay  (2 Sections)

8:15 AWARDS

**Organization of Events**

Each team will be allowed three (3) entries per event. All competitors who finish a race or legally complete a trial in the field events will score points. Since there will be nine teams participating, the points will be awarded as follows:

Individual Events (1st = 30pts, 2nd = 29pts, 3rd= 28pts, 30th = 1pt)

Relays (1st = 40pts, 2nd = 36pts, 3rd = 32pts, …10th = 4pts)

**Running Events:**

The number of sections will vary depending on the race and the number of competitors. Seethe event schedule for specific numbers of sections. Where there is more than one section, the last section will be considered the fastest, however you have the discretion of putting your runners in whichever section you wish. The times will all be F.A.T. Results will be posted immediately after each race on the scoreboard and on the results board located on the press box. Team scores will be announced after all heats of the event is completed.

We have a 9 lane track with ten teams competing. The relays (4x1, 4x2, 4x4) will be held in 2 heats – 1st heat: 5 teams, 2nd heat: 5 teams.

**Field Events:**

***We will have coaching boxes for each of the events which will allow the use of electronics by coaching staff***.

Shot Put and Discus - All competitors will be allowed four (4) throws with no finals. There will be 3 flights of 10 athletes each. Coaches may put their athletes in any flight they wish, but the computer will randomly select the order of the flights.   The athletes will throw in order all the way through the flight four times. Upon completion of each flight, there will be approximately 10 minutes for the next flight to warm up.

Long Jump and Triple Jump - All competitors will be allowed four (4) jumps with no finals. There will be three flights and coaches may put their athletes in any flight they wish, the order of the flights would be randomly selected by the computer.  Flights will roll ahead if possible.

Pole Vault and High Jump - Starting heights are as follows:

Boy’s High Jump- 5’, 5’2”, 5’4”, 5’6”, 5’8”, 5’10”, 6’, 6’2”, 6’4”, …

Girl’s High Jump- 4’, 4’2”, 4’4”, 4’6”, 4’8”, 4’10”, 5’, 5’2”, 5’4”, …

Boys Pole Vault- 8’0”, 9’0”, 10’, 10’6”, 11’, 11’6”, 12’, 12’6”, 13’, 13’6”, …

Girls Pole Vault- 6’0”, 7’0”, 8’, 8’6”, 9’, 9’6”, 10’, 10’6”, …

**We have 1 pit for pole vault. Girls and boys PV will be run at separate times. Boys will vault first from 1:30-4:30. Girls will have 30 min to warm up and begin competition at 5 pm.**

We have 2 pits for high jump. Girls and boys HJ will be run at the same time.

The athletes will compete using ‘3 alive’ procedures. As in previous year, anyone who has passed three (3) consecutive heights will be allowed a run through as per the federation rules.

**Exchange zones** –

4x100m relays - yellow marks

4x200m relays – red/red/yellow marks

4x400m relays – blue marks

We will use fully automatic timing for this meet. Results will be posted on the press box after each event. Final meet results will also be emailed to coaches on Wednesday. Copies of meet results will be available in the press box at the conclusion of the 4x400m.

All team camps are to be outside the track area. **School will be in session at the beginning of the meet, so please encourage your athletes not to enter the building until after 3 pm.** Please have your team cleanup at the conclusion of the meet. We will open the school for inclement weather.

Instruct your athletes to listen to the P.A. announcer and to the calls given for each event. We will adhere to the time schedule unless inclement weather necessitates moving ahead of schedule. Instruct your athletes to report to the clerking area upon hearing the first call for their running event. Field Event check-ins are done at the event area.

Athletes can warm-up on the infield turf.

Concessions will be available with a wide variety of food and beverages.

Only meet workers allowed in the press box.

Admission: Adults $7.00, Students/Seniors $5.00. Please inform your parents and spectators.

FHS Facilities: As in the past we will utilize our Finish Lynx F.A.T. system to produce times readable to 1/1000’s of a second in the event of close races.

All finish times and places will be displayed on our scoreboard. It will show all places and FAT results – 1st-4th, 5th-8th, etc. and team scores throughout the meet.

Greg Utecht will be our met manager for this event. We look forward to a great day of competition.

Rain date – Wednesday, May 10, 2017