

True Team Section 7AAA
Wednesday May 7, 2025 - Wayzata High School

2:00pm Implement weigh in (in storage/concessions stand near 100/110 start line)

2:45 pm Head Coaches meeting (near the finish line)

Team Camps: Are to be located on the field west of the stadium. **No camps will be allowed on the infield.** NO stakes may be used for tents on the infield by either the Pole Vault or High Jump

7AAA Teams Competing in 2025: Chanhassen, Chaska, Eden Prairie, Hopkins, Minnetonka, Robbinsdale
Armstrong, Robbinsdale Cooper, Waconia, Wayzata

Competitor Numbers: Please use the rosters provided in your packet for competitor numbers. Numbers should be written neatly on top of the athletes right hand with the permanent markers.

Trainer: Will be available near the finish line.

Admission- no admission charged, encourage your athletes families to join the Wayzata Boosters ☺

Athletes will be allowed to warm-up on the infield in the designated warm- up area. Please Help keep athletes team camps off the infield. Coaches are allowed on the infield – no restrictions.

Team Responsibilities: Adult field workers are in charge of the event – Wayzata will provide all field event materials.

Chanhassen	Provide an adult worker and two student workers for handing out hip numbers for track events
Chaska	Provide three student workers to assist with clerk (run entry sheets to timer)
Eden Prairie	Provide an adult worker and two student workers for the shot put.
Armstrong	Provide an adult worker and three student workers for the long jump.
Hopkins	Provide an adult worker and three student workers for the triple jump.
Cooper	Provide an adult worker and two student workers for the discus.
Minnetonka-	Provide an adult worker and two student workers for the high jump.
Waconia -	Provide student or adult workers to help with hurdle crew.
Wayzata-	Provide an adult worker and students workers for both Boys and girls Pole vault in addition to a clerk of course and timing system.

Field Events

1:30 Girls Pole Vault	4:30 Boys Pole Vault
2:00 Boys High Jump	4:30 Girls High Jump
3:00 Boys Long Jump	5:00 Girls Long Jump
3:00 Girls Triple Jump	5:00 Boys Triple Jump
3:00 Boys Discus Throw	5:00 Girls Discus Throw
3:00 Girls Shot Put	5:00 Boys Shot Put

- Shot and Discus – three flights, 4 throws per athlete. Discus distances will be rounded to the lesser inch with no fractions. Shot put distances will be rounded to the lesser ¼ inch.
- Pole Vault- Boys pole vault heights will be: 7-0, 8-0, 9-0, 9-6, 10-0, 10-6, 11-0, 11-6, 12-0, 12-6, 13-0, 13-6, 14-0. Girls pole vault heights will be 5-0, 6-0, 6-6, 7-0, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0, 10-6, 11-0.
- High Jump- Boys heights will be 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-2, 6-4, 6-6. Girls heights will be 4-0, 4-2, 4-4, 4-6, 4-8, 4-10, 5-0, 5-2, 5-4, 5-6.
- Long and Triple Jump – cafeteria style, 4 jumps per athlete. Distances will be rounded to the lesser ¼ inch

Track Events

3:30	Girls 4 x 800 Meter Relay Boys 4 x 800 Meter Relay	5:40	Girls 400 Meter Dash Boys 400 Meter Dash
3:55	Girls 100 Meter High Hurdles Boys 110 Meter High Hurdles	6:05	Girls 300 Meter Hurdles Boys 300 Meter Hurdles
4:25	Girls 100 Meter Dash Boys 100 Meter Dash	6:35	Girls 800 Meter Run Boys 800 Meter Run
4:45	Girls 4 x 200 Meter Relay Boys 4 x 200 Meter Relay	6:55	Girls 200 Meter Dash Boys 200 Meter Dash
5:00	Girls 1600 Meter Run Boys 1600 Meter Run	7:20	Girls 3200 Meter Run Boys 3200 Meter Run
5:25	Girls 4 x 100 Meter Relay Boys 4 x 100 Meter Relay	7:50	Girls 4 x 400 Meter Relay Boys 4 x 400 Meter Relay

- All track events are run as a timed final (no preliminary heats)
- Dash and hurdle events will be run in three heats – teams encouraged to run fastest entrant in last heat.
- 800M First heat will have two athletes from each school and the second will encouraged to have the fastest athlete from each school.
- Distance events (1600, 3200) will have a single heat (all available coaches need to assist at finish).
- A single call will be made for each event 15 minutes before the start. At that time all athletes need to report to the clerking area (near the 100m starting line) for final instructions.

Relay exchange judge assignments:

4x100m (Yellow Marks for all zones)

Zone 1: Cooper 1-4, Eden Prairie Lanes 5-9

Zone 2: Wayzata Lanes 1-4, Hopkins Lanes 5-9

Zone 3: Chaska Lanes 1-4, Minnetonka Lanes 5-9

4x200m

Zone 1: (Red Marks): Chanhassen Lanes 1-4, Armstrong Lanes 5-9

Zone 2: (Red Marks): Cooper Lanes 1-4, Wayzata Lanes 5-9

Zone 3: (Yellow Marks): Hopkins Lanes 1-4, Waconia Lanes 5-9

4X400m (Blue marks in lanes exchange 1) all blue triangles exchange 2-4

Zone 1: Chaska Lanes 1-4, Eden Prairie Lanes 5-9

4X800 Zone 1: (Green Marks) Waconia

- Results will be posted online. Complete results will be available at the conclusion of the meet on www.wayzataresults.com as well www.wayzatatrack.org

Scoring

Individual Events:

1st Place: 27 points, all other places will subsequently receive 1 less point per place.

Relay Events:

1st place: 36 points

2nd place: 32 points

3rd place: 28 points

4th place: 24 points

5th place: 20 points

6th place: 16 points

7th place: 12 points

8th place: 8 points

9th place: 4 points

Entry Information: All entries and timing are done by WayzataResults.inc

1. All entries are done on Athletics.net
2. You should have already been “invited” to the meet.

Click on “resister athletes” under Section 7AAA True Team – There is no longer a 50-person hard roster limit. You may be asked to limit your roster at the MN State Meet for program space. Changes are always allowed.

3. Once there please select the athletes for “varsity” that may be competing on meet day then click "save/submit".
4. You may submit your roster when finished - please note there will NOT be any events to put your athletes in.

*** Have your roster declared by Monday, May 5th at 8:00 PM.**

Note: It is generally accepted your True Team roster includes up to 50 athletes. It is not a requirement to stay under 50. You will only be allowed to enter 50 athletes for the State True Team Meet.

Awards and Qualifying for True Team State:

The top team in the True Team section will advance to True Team State on Friday May 16 at Eden Prairie High School. The second through fifth teams have the opportunity to be a wild card entry at True Team State. There are four wildcards per gender from across the state. The top team in section 7AAA will receive a team trophy and top 3 teams will receive team ribbons. Top 5 teams for each gender need to get True Team State information from the Meet Manager before leaving the site.

Please make special note on arriving – Wayzata High school dismisses at 3:20. If you are coming from the East, take Trojan Way directly off of Highway 55 for the back stadium entrance. If you arrive between 3:20 and 3:40, you are going to run in to a significant amount of traffic taking the front school entrance trying to get in. If you come between those times you must use the back entrance as inbound lanes are blocked for outgoing traffic. Busses can park in the softball stadium parking lot AFTER 3:45.

It is highly recommended you enter the school site on Trojan Way. It is the southwest road access off of highway 55. It can only be access driving westbound. It has direct access to the high school stadium.

Any questions regarding 7AAA sectional should be directed to Aaron Berndt – aaron.berndt@wayzata.k12.mn.us

Friday May 13 will be the inclement weather date