

# 2026 Wayzata Relays

## Meet Information

The 17<sup>th</sup> Annual “Wayzata Relays” Track & Field Meet will be held on Friday, May 1, 2026. We are looking forward to having your team compete on the Wayzata High School track and field complex.

### General Information

1. 9 boys and 9 girls teams allowed (9 lane track)
2. Entries per individual event:
  - a. Three per event for 100, 200, 400, 100/110 HH, 300 IH, 800.
  - b. Four per event for the 1600, 3200
  - c. Unlimited entries in JV mile, FAT timing for JV mile will be used.
3. One relay team from each school in the 4X100, 4X200, 4X400, 1600 S. Med (200, 200, 400, 800), 800 S. Med(100, 100, 200, 400), 2 teams per school in the 4X800 with one team being designated as JV and will not be totaled in the team scoring. There is no requirement to run a JV 4x800.
4. Three entries per event in shot, discus, LJ and TJ, HJ and PV –Prelims and finals in ONLY the throws. Three throws in prelims and three in finals. Long Jump and Triple will be FINALS ONLY with 4 jumps per athlete in two seeded flights.
5. Scoring: 10, 8, 6, 5, 4, 3, 2, 1
6. \$125.00 per team entry fee (\$250.00 for girls and boys). Fees to cover F.A.T. timing, online entry/results and meet workers.
7. Checks can be made to Wayzata High School and sent to:  
Wayzata High School - Attention Barb Beise, Athletics,  
4955 Peony Lane North, Plymouth, MN 55446
8. 9 lane track. Two horizontal jump runways
9. Fully Automatic Timing with real time results via wayzataresults.com
10. Immediate results and live action on LED scoreboard

Questions? Contact Aaron Berndt at: 763-745-6995 or [aaron.berndtg@wayzataschools.org](mailto:aaron.berndtg@wayzataschools.org)

### Competing teams in 2026

<u>Girls Teams</u>		<u>Boys Teams</u>	
Brainerd	Mounds View	Brainerd	Two Rivers
Minnetonka	Waconia	Minnetonka	Wayzata
Stillwater	Wayzata	Mounds View	Waconia
Two Rivers	Woodbury	Stillwater	Woodbury
Roseville			

**Entry Information** - All Entries are to be done ONLINE and are due Thursday April 30 by 12:00 noon.

1. You have been invited on Athletic.net. All entries will be done on your meet entry page link on your team schedule through athletic.net.

2. You can change your entries online up until the online deadline. If you need to make a scratch/add change on meet day, you can change name but not performance time/mark. We can not change the clerk sheets day of. The new athlete will compete in the place of the scratched athlete. To change a name in the results, see the timers at the finish line.

3. If you have questions on making entries, e-mail Josh Gerber at: [entries@wayzataresults.com](mailto:entries@wayzataresults.com) or [josh@wayzataresults.com](mailto:josh@wayzataresults.com)

4. Deadline to register is Thursday April 30 at 12 noon. All meet registration will be done online at Athletic.net via WayzataResults.com.

## 2026 Wayzata Relays – General Information

**WELCOME TO THE 2026 WAYZATA RELAYS.** Please review the following instructions and information, and share it with your coaches and athletes. Cooperation in the following matters will ensure that this will be a quality meet. We are looking forward to an exciting evening of Track and Field. Best of luck!

1. Weigh in – We will not weigh implements but will have scale on hand if questions arise.
2. 3200M Relay = 1 turn stagger for the 1<sup>st</sup> runner
4. 800M Sprint Medley (100, 100, 200, 400) = 1<sup>st</sup> 3 runners in lanes, 4<sup>th</sup> cuts in after handoff
5. 800M Relay = 4 turn stagger
6. 1600M and 3200M Run = Staggered box for one turn
7. 1600M Sprint Medley = 2 turn stagger
8. In the 100M, 100M hurdles, and 110M hurdles, this will be a timed final, fast heat first
9. In the long jump, triple jump, and throws; The event will be flighted – 3 jumps/throws per competitor with the top nine advancing for an additional three throws
10. Starting heights in the high jump and vaults will be determined by entries. Considerations of time schedule may also determine starting heights. Boys will tentatively start vault at 9 feet and go up by 1 foot until 6 competitors remain. Girls will start at 7 feet and go up one foot at a time until 6 competitors remain. Both genders will go up 6 inches once 6 competitors remain and 3 inches once three competitors remain.
12. The meet will stay on schedule! Participants are urged to keep track of the meet’s progress and report to the clerk two events prior to their race. The staging area is at the head of the straight away on the North West corner of the track for ALL track events. (100m start area)
13. Field event participants may be excused for a maximum time of 10 minutes for a running event. Judges have been told to not delay the competition. The bar in the pole vault or high jump may be raised in participant’s absence.
14. Please keep athletes away from the finish line and the FAT timing system.
15. Athletes may warm up on the South straight away (backstretch) between events or during straight away events. **No camps on the infield turf** but warm-ups are permitted along backstretch of the turf. **NO TENTS ALLOWED ON INFIELD TURF – NO STAKES CAN BE INSERTED IN THE TURF**
16. Teams and coaches are to keep the area along the homestretch of the track clear closest to the track for clerking and timing purposes.
17. No footballs or frisbies, etc... allowed in the stadium.
18. Concessions will be available all day.
19. JV Mile – Enter times and names online. The number of heats will be determined by entries.
20. For all races – times will show up in the FAT results being posted as the meet moves along. Results will be posted immediately on the scoreboard and in print close to the press box. You can follow the meet results on [www.wayzatarresults.com](http://www.wayzatarresults.com) as the meet progresses.

**SCORING: 10-8-6-5-4-3-2-1 (eight places)**

2026 Wayzata Relays  
2026 Wayzata Relays Time Schedule

RUNNING EVENTS: (Fast heat first in heats)

3:30 – coaches meeting near finish line timing tent –  
3:05 JV Mile (2 heat of boys, 2 heat of girls – unlimited entries – enter online –  
(no requirement to enter JV milers)  
3:45 Dave Moline Memorial 4 x 800M Relay -Boys  
3:55 4 x 800M Relay -Girls  
4:07 110M Hurdles (3 sections – timed final) -Boys 39" Blue  
4:16 100M Hurdles (3 sections – timed final) -Girls 33" White  
4:28 100M Dash (3 sections – timed final) -Boys  
4:37 100M Wheelchair Division Boys  
4:39 100M Dash (3 sections – timed final) -Girls  
4:50 800M Sprint Relay (100,100,200,400) -Boys  
5:03 800M Sprint Medley (100,100,200,400) -Girls  
5:11 4 x 200M Relay -Boys  
5:17 4 x 200M Relay –Girls  
5:23 1600M Run -Boys  
5:31 1600M Run -Girls  
5:41 4 x 100M Relay -Boys  
5:47 4 x 100M Relay -Girls  
5:53 400M Dash -Boys (3 sections)  
6:02 400M Dash -Girls (3 sections)  
6:14 300M Hurdle -Boys (3 sections) 36"  
6:23 300M Hurdle -Girls (3 sections) 30"  
6:35 800M Run -Boys (2 sections - fast heat of 12 first)  
800M Wheel Chair Division (one section)  
6:45 800M Run -Girls (2 sections – fast heat of 12 first)  
6:54 1600M Sprint Medley (200,200,400,800) - Boys  
7:02 1600M Sprint Medley (200,200,400,800) - Girls  
7:10 200M Dash -Boys (3 sections)  
7:19 200M Dash -Girls (3 sections)  
7:28 3200M Run -Boys  
7:40 3200M Run -Girls  
7:55 4 x 400M Relay -Boys  
8:02 4 x 400M Relay -Girls

FIELD EVENTS:

3:45 – 5:30 Long Jump -Girls (4 jumps each – two flights with seeded order)  
3:45 Triple Jump -Boys - (4 jumps each – two flights with seeded order)  
3:45 High Jump -Girls  
3:15 Pole Vault -Boys  
3:45 Shot Put -Girls  
3:45 Discus -Boys  
5:45 Long Jump -Boys - (4 jumps each – two flights with seeded order)  
5:45 Triple Jump -Girls - (4 jumps each – two flights with seeded order)  
5:45 High Jump -Boys  
5:30 Pole Vault -girls  
Approx.: 6:00 Shot Put –Boys (Start after girls ends)  
Approx: 6:00 Discus –Girls (Start after boys ends)

## Wayzata Relays – Meet Records as of 2025

### - Girls Records -

Girls 100 Meter Dash	12.26	5/5/2023 Brenna Deason -	Brainerd
Girls 200 Meter Dash	25.48	5/7/2011 Anuli Okonkwo -	Osseo
<b>Girls 400 Meter Dash</b>	<b>57.69</b>	<b>5/2/2025 Jessica Haux -</b>	<b>Wayzata</b>
Girls 800 Meter Run	2:09.19	5/6/2016 Ruby Stauber -	Wayzata
Girls 1600 Meter Run	4:59.63	5/5/2022 Teegan Anderson -	Wayzata
Girls 3200 Meter Run	10:59.37	5/5/2017 Sophie Whicher -	Minnetonka
Girls 100 Meter Hurdles	14.45	5/4/2024 Claire Kohler -	Minnetonka
Girls 300 Meter Hurdles	44.93	5/4/2024 Claire Kohler -	Minnetonka
<b>Girls 4x100 Meter Relay</b>	<b>47.87</b>	<b>5/2/2025Q Erickson, C Jones, K Walthers, E Wotoe</b>	<b>Moorhead</b>
<b>Girls 4x200 Meter Relay</b>	<b>1:43.29</b>	<b>5/2/2025 K Fisher, L Quast, A Riser, K Disher</b>	<b>Stillwater</b>
<b>Girls 4x400 Meter Relay</b>	<b>3:58.61</b>	<b>5/2/2025 J Haux, L Golomb, J Link, C Voss</b>	<b>Wayzata</b>
Girls 4x800 Meter Relay	9:20.39	5/5/2013 M Borowski, M Janssen, L Hoelscher, E. Endy	Minnetonka
Girls 1600 Sprint Medley	4:05.04	5/4/2024 V McKinney, Z Kuku, C Kohler, E Malec	Minnetonka
Girls 800 Sprint Medley	1:52.73	5/5/2012–S Zimmerman, C Ryan, H Lundstrom, A Kosobud	Brainerd
Girls High Jump	5-06.00	5/2/2014 Madison Scholl -	Prior Lake
	5-06.00	5/5/2023 Mya Folken –	Minnetonka
<b>Girls Pole Vault</b>	<b>12-08.00</b>	<b>5/2/2025 Jayda Wilson</b>	<b>Roseville</b>
Girls Long Jump	18-5.00	5/5/2017 Faith Robinson -	Minnetonka
Girls Triple Jump	37-06.55	5/5/2023 Lucy Hiller -	Minnetonka
<b>Girls Discus Throw</b>	<b>142-09</b>	<b>5/2/2025 Katie Kelzenberg</b>	<b>Wayzata</b>
Girls Shot Put	42-04.00	5/1/2015 Veronica Rasmussen -	Mounds View

### - Boys Records –

Boys 100 Meter Dash	10.62	5/5/2023 Tyler Milkes	Wayzata
Boys 100 M Wheel Division	17.85	5/4/2024 Michael Allen	Wayzata
Boys 200 Meter Dash	21.84	5/2/2014 Vance Barnes -	Minnetonka
Boys 200 M Wheel Division	35.24	5/4/2024 Michael Allen	Wayzata
Boys 400 Meter Dash	49.38	5/5/2012 Michael Smith -	Wayzata
Boys 400 M Wheel Division	1:21.12	5/4/2024 Mac Hedtke	Wayzata
Boys 800 Meter Run	1:56.78	5/2/2014 Scott Kvidera -	Minnetonka
Boys 800 M Wheel Division	2:51.75	5/5/2023 Michael Allen	Wayzata
Boys 1600 Meter Run	4:12.62	5/5/2022 Will Skelly	Mounds View
Boys 1600 M Wheel Division	4:35.28	5/4/2024 Michael Allen	Wayzata
Boys 3200 Meter Run	9:18.70	5/5/2017 Alex Miley -	Maple Grove
Boys 110 Meter Hurdles	14.57	5/5/2012 Jackson Walters -	Brainerd
Boys 300 Meter Hurdles	38.94	5/6/2016 Leroy Kwateh –	Maple Grove
<b>Boys 4x100 Meter Relay</b>	<b>42.15</b>	<b>5/2/2025 S Petersen, D Ebensteiner, M Mathis, J Schmitz</b>	<b>Woodbury</b>
Boys 4x200 Meter Relay	1:28.49	5/4/2024 J Teddy, T Williams, M Boge, W Hairston	Minnetonka
Boys 4x400 Meter Relay	3:23.95	5/2/2014 I Bremseth, M Smith, S Lorbiecki, O Wamuo	Wayzata
Dave Moline Memorial 4x800 Meter Relay	8:06.37	5/4/2018 M Tolander, K Hussein, A Brandt, G Matthews	Wayzata
Boys 1600 Sprint Medley	3:35.37	5/5/2022 D MacLaughlin, I Malay, B Stark, T Ruhl	Brainerd
Boys 800 Sprint Medley	1:36.27	5/4/2024 C Tran, W Kuchar, G Rufus-Okomhanru, B Koons	Maple Grove
Boys Distance Medley	10:16.21	5/1/2015 A. Millan, I Bremseth, I. Eklun, C. Olson	Wayzata
Boys High Jump	6-06.00	5/5/2017 Ben Grosse -	Wayzata
	6-06.00	5/4/2018 Noah Cvetnic -	Chaska
	6-06.00	5/4/2018 Nick Hedlund -	Wayzata
Boys Pole Vault	14-07.00	5/5/2022 Jack Helmich	Wayzata
Boys Long Jump	23-5.5	5/6/2016 Mason Roomes -	Woodbury
<b>Boys Triple Jump</b>	<b>47-04</b>	<b>5/2/2025 Ty Nelson</b>	<b>Brainerd</b>
Boys Discus Throw	171-09	5/5/2023 Jordan Dunigan	Woodbury
Boys Discus Throw Wheel Division	55-10	5/5/2023 Mac Hedtke	Wayzata
<b>Boys Shot Put</b>	<b>58-2.25</b>	<b>5/2/2025 Eli Diane</b>	<b>Wayzata</b>
Boys Shot Put Wheel Division	19-5	5/4/2024 Michael Allen	Wayzata

2026 Wayzata Relays Relay zone assignments

4X100 (all yellow to yellow)

Zone #1 – Wayzata, Waconia      Zone #2- Woodbury, Minnetonka      Zone #3 – Brainerd, Stillwater

4X200(1st: red to red, 2nd: red to red, 3rd: yellow to yellow)

Zone #1 and #3 - Woodbury, Roseville      Zone #2 – Wayzata, Waconia

800M Sprint Medley (100,100,200,400) –

Zone #1 – Wayzata, Two Rivers      Zone #2 - Stillwater, Mounds View

1600M Sprint Medley (200,200,400,800)

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