



**Prior Lake Lakers Boy's Invite
Track and Field Meet Tuesday April 9th, 2019
Dan Patch Stadium at PLHS**

TEAMS PARTICIPATING: Prior Lake, Roseville, Blaine, Woodbury, and Lakeville North

ENTRY FEE: \$100 Fee should be sent to Russ Reetz, Prior Lake High School, PO Box 539, Prior Lake, MN 55372.

ENTRIES: We will download your rosters from the MSHSL Website. Each athlete will be assigned a number prior to the start of the meet. Numbers will be recorded by the clerk prior to each race.

Running Events: Unlimited entries in all open events.

100, 200, 400, 100 Hurdles and 300 Hurdles: All heats will be FAT with one or two athletes per school in each heat. We will run fast heats first, so please instruct your top runners to check into one of the first heats.

800: We will run 2 heats. At the coaches meeting prior to the start of the meet we will determine the cut-off time for the fast heat. Any athlete with a time faster than the cutoff time will run in heat one, all others will run in heat two.

1600, 3200: There will be 1 heat, two runners from each team will be assigned to a lane and run a one turn stagger. Any additional runners will start from a waterfall.

Relay Events: We will run one heat of the 4x100 and 4x200 relays. Each school will be allowed two relay teams. We will allow for unlimited 4x800 and 4x400 teams. The 4x800 will all run in one heat. The 4x400 will run one varsity heat (one team per school), and one (or more) JV heats. JV heats will not be FAT.

Throwers Relay: If teams want to we will run a throwers 4x100 at the end of the meet. You may enter up to two throwers relays. Throwers relays will not be FAT.

Field Events: Unlimited Entries.

Long Jump / Triple Jump: Cafeteria Style - 4 attempts no finals. There will be one Triple Jump Pit, and One Long Jump Pit. Pits will stay open until 6:00.

Shot Put / Discus: Teams will choose 6 athletes to compete as varsity. The remaining throwers will throw as JV but could be scored in the meet if they are in the top 6. Varsity throwers will throw shot first while JV throws discus. Varsity throwers will compete in 1 circle against all teams and their 10 minute warm up time will be in a different circle when the flight before them is competing. JV throwers will have 2 competition circles and will compete against only 1 other team. All throwers will get 4 attempts and all will be measured. Finally, we will use a laser measurement system for the discus which has been calibrated before the meet begins. Please note that painted sector lines are only an estimated distance.

The starting height for **High Jump** and for **Pole Vault** will be determined at the coaches meeting.

ENTRY PROCEDURE: Please make sure your team rosters are updated on the MSHSL Website by Friday, April 5th, 2018 at 7:00 PM. We will download your roster into our meet manager, and assign each athlete a competition number. The athletes should write the numbers on their hand when your team gets to the meet. Each athlete will check in by number at their events.

SCORING: We will score 6 individual competitors, and 4 relay teams per event. Scoring will be 6-4-3-2-1 for individual events and 6-4-2 for Relay Events.

OTHER

Concessions will be available, there is water at the track, no spectator admission will be charged, there are no team or individual awards, and a trainer will be on site. Please call 952-226-8690 or access our website at www.priorlake-savage.k12.mn.us then select Laker Activities if you need directions.



EVENT SCHEDULE:

(Times are approximate, if the schedule gets ahead, we will stay ahead)

3:30	Coaches Meeting
4:15	LJ, TJ, HJ, PV, Shot Put, Discus
4:15	4x800m Relay
4:30	110m High Hurdles
4:45	100m
5:05	4x200m Relay
5:15	1600m (1 heat)
5:35	4x100m Relay
5:50	400m
6:00	Discus / JV Switch
6:05	300m Intermediate Hurdles
6:20	800m
6:35	200m
6:55	3200m (1 heat)
7:15	4x400m Relay
7:25	Throwers Relay