

# 2026 Bethel Track & Field Classic

Friday April 24, 2026 – Bethel University (9-lane track) - 3900 Bethel Drive  
Blaine High School - Rosemount High School - Wayzata High School –  
Mounds View High School – Minnetonka High School -Stillwater High School

## Meet Information

1. 6 boys and 6 girls teams allowed (9 lane track)
2. Team Entry is due on Thursday, April 23 at 11:45 AM on athletic.net. Any scratches will be done on site. Any changes made will race in scratched athletes lane, there will be no reseeding.
3. Entries per individual track event:
  1. FOUR individuals from each team per event in all events.
4. One relay team from each school in the 4X100, 4X200, 4X400. 2 teams per school in the 4X800 with one team being designated as JV and will not be totaled in the team scoring. No requirement to run a JV 4x800.
5. Entries per individual Field Event:
  1. FOUR per event for Pole Vault, Long Jump, Triple Jump, High Jump, Shot Put, Discus
6. Field event guidelines
  1. Four throws/jumps in shot put, discus, long jump, triple jump. Throws will be in three flights per event, horizontal jumps will be run cafeteria style in the allotted time for the event.
7. Both Boys and Girls Pole Vault will take place outside, girls will start at 2:30 and boys to follow.
  1. In the event of inclement rain weather, BOTH genders Pole Vault and High Jump will take place inside the fieldhouse
8. Scoring: True Team Scoring. One relay and 4 individuals will score in respective events.
  1. Individual event scoring will be 24-23-22...3-2-1. Relays will be 40-32-24-16-8. Any wheel chair athletes will be scored according to the number of wheelers per event as per True Team format.
9. 9 lane track. Two horizontal jump runways
10. Fully Automatic Timing with real time results
  1. Track events are seeded fast to slow
11. Spectator fee will be \$5.00 and paid at the front entrance gates

### **FIELD EVENTS – Session I: 3:30pm-5:15pm**

Horizontal jumps and throws will have 4 jumps/throws. Shot Put and Discus will be in three flights of 9. Long jump and triple jump will be cafeteria style in the allotted 1 hour and 45 minutes per session. .

Girls Discus	Boys Shot Put
Girls Long Jump	Boys Triple Jump
<b>Girls Pole Vault starting at 2:30</b> (outside) Starting at 7 feet, goes up one foot until 6 competitors remain, 3 inches for the final three competitors.  (Progression: 7',8', the 6'' increments. 3'' increments once three competitors left then)	<b>Boys Pole Vault starting following girls</b> (outside) Starting at 8 feet, goes up one foot until 6 competitors remain, 3 inches for the final three competitors.  (Progression: 8',9', the 6'' increments. 3'' increments once three competitors left then)
<b>GIRLS High Jump: Starting at 3:30</b> , on high jump pit outside. (Start at 4'. Up 3'' to 4'6'', 2'' after 4'6'')	<b>BOYS High Jump: Starting AFTER girls</b> , on high jump pits outside. (Start at 5'. Up 3'' to 5'6'', 2'' after 5'6'')

### **Session II: approx.: 5:30pm-8:00pm (warmups following previous events (minimum 15 minutes warmup on runway/circles)**

Girls Shot Put	Boys Discus
Girls Triple Jump	Boys Long Jump-

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**TRACK EVENTS:** Events will not run more than 5 minutes ahead of schedule unless inclement weather. If time schedule falls behind, the meet will be on a rolling schedule.

4:00 Girls 4x800 Relay (two teams per school, one non scoring)

4:15 Boys 4x800 Relay

4:28 Girls 100m HH (3 heats)

4:38 Boys 110m HH (3 heats)

4:48 Girls 100m (3 heats)

4:57 Boys 100m (3 heats)

5:10 Girls 4x200m Relay

5:15 Boys 4x200m Relay

5:20 Girls 1600m (1 heat)

5:30 Boys 1600m (1 heat)

5:40 Girls 4x100m Relay

5:45 Boys 4x100m Relay

5:50 Girls 400m (3 Heats)

6:00 Boys 400m (3 Heats)

6:15 Girls 300m Low Hurdles (3 Heats)

6:30 Boys 300m IM Hurdles (3 Heats)

6:43 Girls 800m (2 heats)

6:53 Boys 800m (2 heats)

7:03 Girls 200m (3 Heats)

7:13 Boys 200m (3 Heats)

7:25 Girls 3200m

7:45 Boys 3200m

8:03 Girls 4x400m Relay

8:10 Boys 4x400m Relay

PV: Girls start at 2:30 – Boys to follow.

LJ: Starts at 5:30

TJ: starts at 3:30

HJ: Girls start at 3:30 – Boys to follow

Shot Put: Boys start at 3:30 – Girls Starts at 5:30

Disc Girls Start at 3:30 – Boys starts at 5:30