

South Suburban Conference Relays
Tuesday, April 30th 2019
Shakopee West Middle School

General Information: Coaches Meeting: 2:45 at Garage Area

- A. Location- Shakopee West Middle School
- B. Date- Tuesday, April 30th 2019
- C. Starting Time- Field Events 3:30, Running Events 3:45 (See Time Schedule)
- D. Timing- HyTek/FinishLynx will be used for all races
- E. Results- will be announced after the race and posted online at fastfinishresults.com , final results will be posted online & emailed to coaches immediately following the meet
- F. Scoring- 16-14-12-10-8-6-4-3-2-1
- G. Team Area- Teams should not set up on the infield, or in the field event area.
- H. Starting Blocks will be provided, please bring your own batons
- I. Adult Workers- Adult workers will be provided at each Field Event, Head & Assistant Starter, Clerk of Start, Clerk of Finish and FAT Timing Crew
- J. Volunteer/Student Workers- **Shakopee will cover student workers**
- K. Exchanges Zones- Coaches will be assigned to exchange zones for the Sprint relays
- L. Concession Stand- Concession Stand will be open for athletes and fans (*We will order Pizza for coaches*)

Field Events

Pole Vault- We will have 2 pits competing at the same time

- Opening heights will be determined by coaches at the coaches meeting. The bar will be raised in 6” increments until 6 jumpers remain in competition and 3” thereafter until the final jumper.

High Jump- We will have 2 pits jumping at the same time

Girls will go 4’, 4’3, 4’6 & 2” thereafter until 6 jumpers remain at which time the bar will be raised 1” until the final jumper.

Boys will go 5’, 5’3, 5’6 & 2” thereafter until 6 jumpers remain at which time the bar will be raised 1” until the final jumper.

Long Jump & Triple Jump- 4 attempts will be allowed

Warm ups 3:00

3:30-5:15 Girls Long Jump

3:30-5:15 Boys Triple Jump

Warm ups 5:15

5:45-7:30 Girls Triple Jump

5:45-7:30 Boys Long Jump

Shot Put and Discus- 4 Attempts will be allowed; Both Events will be in flights from least best to best thrower from each school

3:30-4:30 Boys Shot Put

5:00-6:30 Boys Discus

3:30-4:30 Girls Discus

5:00-6:30 Girls Shot Put

Scoring of Field Events – Each school will enter 3 individuals for each field event relay. The total for the 3 athletes will determine the place. Ties on the distance are left as ties and points will be split.

**Order of Events/Time Schedule
SSC Relays @ Shakopee Junior High
April 30th, 2019**

Running Events (3:45 Start)

3:45 Girls 8x200 (1 heat)

3:50 Boys 8x200 (1 heat)

4:00 Girls 4x1600 (1 Heat)

4:10 Boys 4x1600 (1 Heat)

4:20 Girls 100M High Hurdles (3 Heats)

4:40 Boys 110M High Hurdles (3 Heats)

5:00 Girls 4x100

5:05 Boys 4x100

5:10 Girls 4x800

5:25 Boys 4x800

5:40 Girls Sprint Medley (200-200-400-800)

5:50 Boys Sprint Medley (200-200-400-800)

6:00 Girls 300 Low hurdles (3 Heats)

6:15 Boy 300 Intermediate hurdles (3 Heats)

6:30 Girls Short Sprint Medley (100-100-200-400)

6:35 Boys Short Sprint Medley (100-100-200-400)

6:40 Girls Distance Medley (1200-400-800-1600)

7:00 Boys Distance Medley (1200-400-800-1600)

7:15 Girls 4x200

7:20 Boys 4x200

7:25 Girls 3x3200 (1 Heat)

7:40 Boys 3x3200 (1 Heat)

7:55 Girls 4x400

8:00 Boys 4x400

Field Events (3:30 Start)

3:30-5:15	Girls Long Jump	5:45-7:30	Girls Triple Jump
3:30-5:15	Boys Triple Jump	5:45-7:30	Boys Long Jump
3:30-5:00	Boys Shot Put	5:00-6:30	Boys Discus
3:30-5:00	Girls Discus	5:00-6:30	Girls Shot Put
3:30-6:30	Girls and Boys Pole Vault (2 Pits)		
3:30-6:30	Girls and Boys High Jump (2 Pits)		

Meet Procedures

A. Clerk of Course

Relay teams should report to the clerk of course at the northwest end of the track 10 minutes before the start of the race for all races. This will correspond to the first call for the event by the announcer.

B. 4x1600 & 3x3200 Meter Relays

Each school must time their own athletes during the 4x1600 & 3x3200 meter races. The times will be recorded on a card provided at the coaches meeting. Please write the athletes name and time down on the card with the team's total time. Coaches will turn their cards in at the finish line after the completion of the race.

C. Exchange Zones

During the 4x100, Sprint Medley, Short Sprint Medley & 4x200, please provide 2 coaches from each school to judge exchange zones. Please assign lanes to each coach (incoming and outgoing) so that no one is judging their own teams exchange.

First Exchange zone for 4x100 and Short SP Med:

Apple Valley, Shakopee, Farmington

Second Exchange zone for 4x100, Sp Med, Short Sp Med, & 4x200 :

Burnsville, Eagan, Eastview

Third Exchange zone for 4x100:

Lakeville North, Lakeville South, Rosemount

Exchange Zones

- 4:00 Girls 4x1600: 1 Turn Green Start-Cut after first turn at the green cut line
- 4:10 Boys 4x1600: 1 Turn Green Start-Cut after first turn at the green cut line
- 4:20 Girls 100M High Hurdles (3 Heats) Yellow Line (Height 33")
- 4:40 Boys 110M High Hurdles (3 Heats) Blue Line (Height 39")
- 5:00 Girls 4x100 (Yellow to Yellow Exchange zone)
- 5:05 Boys 4x100 (Yellow to Yellow Exchange zone)
- 5:10 Girls 4x800: 1 Turn green Start-Cut after first turn at the green line
- 5:25 Boys 4x800: 1 Turn green Start-Cut after first turn at the green line
- 5:40 Girls Sprint Medley 2 Turn White start yellow to yellow, green, 400 cuts right away
- 5:50 Boys Sprint Medley 2 Turn White start yellow to yellow, green, 400 cuts right away
- 6:00 Girls 300 Low hurdles (3 Heats) Red Mark (Height 30")
- 6:15 Boy 300 Intermediate hurdles (3 Heats) Red Mark (Height 36")
- 6:30 Girls Short Sprint Medley (100-100-200-400) 2 turn start Yellow, Yellow, Green
- 6:35 Boys Short Sprint Medley (100-100-200-400) 2 turn start Yellow, Yellow, Green
- 6:40 Girls Distance Medley 1 Turn Green Start-Cut after first turn at the green cut line
- 7:00 Boys Distance Medley 1 Turn Green Start-Cut after first turn at the green cut line
- 7:15 Girls 4x200 4 Turn Red Start Red to Red, Red to Red, Yellow to Yellow
- 7:20 Boys 4x200 4 Turn Red Start Red to Red, Red to Red, Yellow to Yellow
- 7:25 Girls 3x3200 1 Turn Green Start-Cut after first turn at the Green cut line
- 7:40 Boys 3x3200 1 Turn Green Start-Cut after first turn at the Green cut line
- 7:55 Girls 4x400 3 Turn Blue Start Blue to Blue
- 8:00 Boys 4x400 3 Turn Blue Start Blue to Blue

SSC Relay Records

Girls	Time	Year	Event	Boys	Time	Year
Eagan	9:35.88	2015	4x800	Shakopee	8:09.32	2016
Shakopee	4:09.18	2015	Sp Med	Rosemount Irish	3:34.68	2011
Apple Valley	1:49.88	2011	Sh. Sp Med	Eastview	1:34.13	2015
Eagan	12:45.97	2015	Dis. Med	Rosemount Irish	10:35.85	2011
Prior Lake Lakers	1:44.78	2011	4x200	Eagan	1:29.69	2015
Prior Lake Lakers	4:00.70	2011	4x400	Prior Lake	3:27.35	2012
Lakeville South	2:25.49	2012	3x300H	Shakopee	2:05.11	2016
Lakeville North	47.55	2011	3x100/110H	Prior Lake Lakers	47.45	2016
Eagan Wildcats	35:10.7	2011	3x3200	Shakopee	30:36.75	2016
Lakeville South	21:27.72	2015	4x1600	Rosemount Irish	18:12.30	2011
Apple Valley	49.25	2011	4x100M	Apple Valley	43.44	2012
Prior Lake	50'4'.5	2015	LJ Relay	Prior Lake Lakers	62'5.75"	2011
Prior Lake	104'9.25"	2015	TJ Relay	Burnsville	126'2.5"	2012
Lakeville South	15'10"	2011	HJ Relay	Eastview Lightning	18'10	2011
Apple Valley Eagles	30'6"	2011	PV Relay	Lakeville North	38'3"	2011
Lakeville North	338'9"	2012	Discus Relay	Lakeville South	436'3.5"	2015
Lakeville South	120'5.25"	2012	Shot Relay	Rosemount Irish	154'3.5	2011