

Chaska Track & Field Meet Wednesday April 16th, 2025

Meet Information

Teams: Boys & Girls – Chaska, Chanhassen, Orono, Mpls South, Jefferson

Location: Chaska High School 545 Pioneer Trail Chaska, MN 55318

Coaches Meeting: 3:00pm at the start line.

Managers: Nate Foss (Boys' Head Coach)
fossn@district112.org

Jesse Longley (Girls' Head Coach)
longleyj@district112.org



Entering Athletes: Coaches must enter their athletes via Athletic.net no later than **Tuesday April 15th at noon**. The events will be seeded based on times that are entered online. Please be mindful to only enter athletes you are *reasonably* certain will compete on the day to help streamline the meet and avoid empty lanes/partial heats.

Entrant Limits: This is an open, unlimited entry meet. Both Junior Varsity and Varsity athletes alike will be allowed to compete. Relays will also be unlimited entry.

Timing & Scoring: Wayzata results will be timing/scoring this meet. We will have a Clerk of Course & calls will be made for the athletes to report to receive instructions prior to their events. All races will be clerked near midfield along the home stretch. Please ask your athletes to pay attention to what events are being run so they know when to check in.

Team Camps: The infield may be used for warm-ups; all team camps will be outside the track.

Concessions: At this time, concessions will NOT be available. Restrooms as well as drinking fountains can be found at the building on the north end of the track during the meet.

Field Events: All Field Events Start at 3:30 pm

Shot Put	Boys First then Girls – 3 Throws/no finals
Discus	Girls First then Boys – 3 Throws/no finals
High Jump	Boys First then Girls – Heights to be decided by coaches
Pole Vault	Girls First then Boys – Heights to be decided by coaches
Long Jump*	Boys First then Girls – Open Cafeteria Style. 3 Jumps/no finals
Triple Jump*	Girls First then Boys – Open Cafeteria Style. 3 Jumps/no finals

**Hard end times for both LJ & TJ will be decided upon at the coaches meeting based on the number of entrants to help ensure an equal opportunity for both genders to get their jumps completed.*

Running Events: Begins at 3:30 pm and it will be a rolling schedule

All running events will be girls first followed by the boys unless noted as being combined

4 x 800m relay (*Combined Genders*)

100 M High Hurdles

110 M High Hurdles

100 M Dash

4 X 200 Relay

1600 M Run

4 X 100 Relay

400 M Dash

300 M Low Hurdles (G)

300 M Intermediate Hurdles (B)

800 M Run

200 M Dash

3200 M Run (*Combined Genders*)

4 X 400 Relay

Worker Assignments: (Both Boys and Girls Relays)

4x200m

Zone 1: (Red Marks) Chan/Orono

Zone 2: (Red Marks) Chaska

Zone 3: (Yellow Marks) Chan/Orono

4x100m

Zone 1: Chanhassen

Zone 2: Orono

Zone 3: Chaska

Chaska High School

Track Markings

Order of Events/Track Markings

4x800m – Green start line, one turn stagger, break line (green and white dashed).

100 HH – Yellow hurdle marks, white start line, second setting up. If run the opposite direction, the marks are green.

110 HH – Blue hurdle marks, white start line, fourth setting up. If run the opposite direction, the marks are white.

100 – White start line.

4x200 – Red start line, four turn stagger, (1) red to red, (2) red to red, (3) gold to gold.

1600 – White waterfall start, break immediately or double waterfall, break line (green and white dashed).

4x100 – White start line, two turn stagger, (1) gold to gold, (2) gold to gold, (3) gold to gold.

400 – White start line, two turn stagger.

300 LH/IH – White start line. Red hurdle marks, (girls) lowest setting, (boys) middle setting.

800 – Green start line, one turn stagger, break line (green and white dashed).
Alternate: Four two lane allies.

200 – White start line.

3200 – White waterfall start, break immediately or double waterfall, break line (green and white dashed).

4x400 – Blue start line, three turn stagger, (1) blue to blue, break line (green and white dashed), (2, 3) green to green.

Long and Triple Jump boards: 8', 12', 24', 32', 36'