

# 2026 Minnesota True Team State Championship

Eden Prairie High School

Friday, May 15, 2026 - Class AAA (3 PM)

Saturday, May 16, 2026, Class A (10AM); Class AA (4PM)

True Team Championship Webpage: <https://www.mshsca.org/page/show/2430199-state-meet-information>

Congratulations on qualifying for the 2026 Minnesota State True Team Championship. Please read the meet information carefully and in its entirety. It is the responsibility of all head and assistant coaches to be familiar with this document.

## COACH TO-DO CHECKLIST

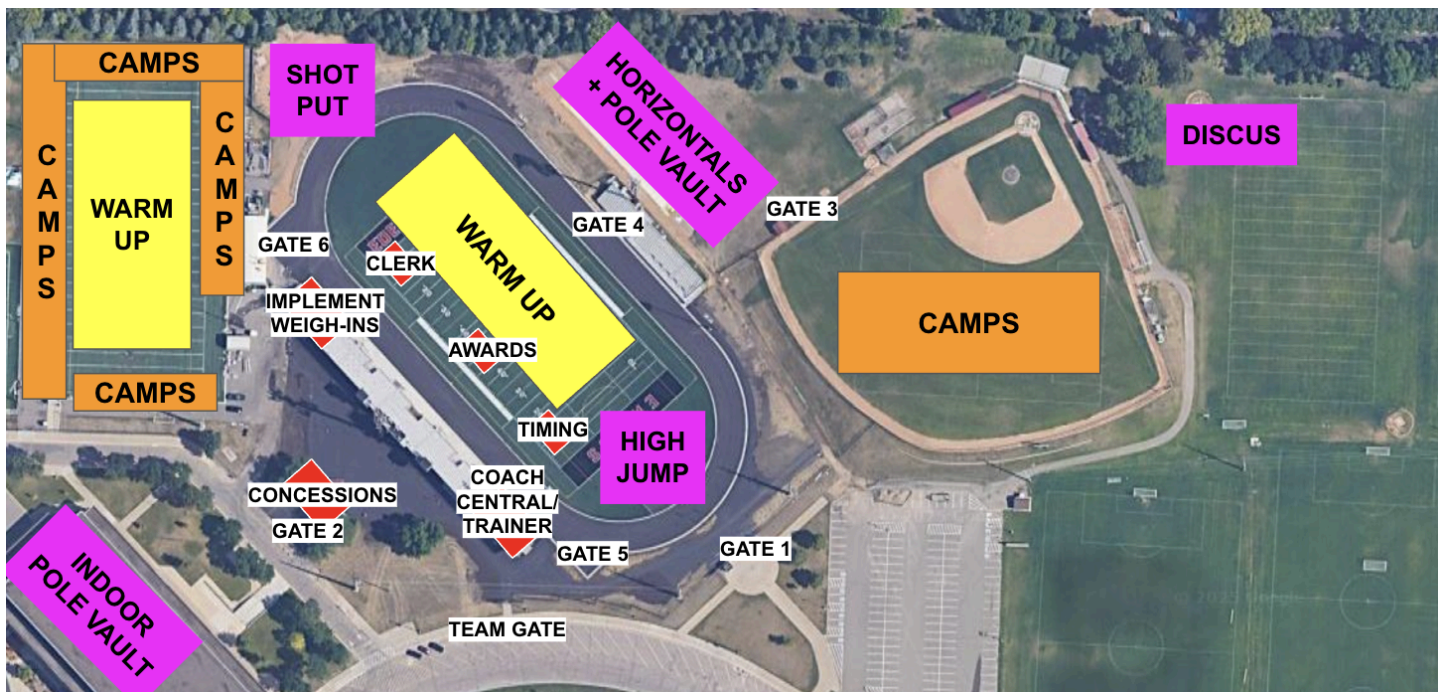
### The Week of the State Championship

- o Submit 50-person rosters on athletic.net—**Due Tuesday at 8:00 pm.**
  - o If you have a wheeler, contact Tony Einertson at asap with details at [tony.einertson@austin.k12.mn.us](mailto:tony.einertson@austin.k12.mn.us)
- o Email Certificate of Liability—**Due Wednesday, May 13, at noon.**
  - o Send your Certificate of Liability to Pete Janiszeski ([p.janiszeski@isd2184.net](mailto:p.janiszeski@isd2184.net)).
  - o The certificate holder is Eden Prairie High School.
- o Sign up one adult worker and two student workers per team—
  - o Each participating team must provide 1 adult worker and 2 student workers. For example, if Mounds View's girls and boys are in the meet, they must provide 2 adults and 4 students.
  - o A Google sheet will go live on the True Team webpage by Sunday night, May 10, 8 pm on which you can sign up your volunteers.
- o Access roster numbers on the True Team webpage  
(<https://www.mshsca.org/page/show/2430199-state-meet-information>)
  - o Confirm your roster is accurate. Your competition packet will contain competition numbers; this roster designates those numbers to each athlete. We recommend bringing a printed copy of the roster with you to the State Championship; printed copies will not be provided in packets.
- o Access heat sheets—will be posted on True Team webpage by 8pm Wednesday, May 13.
  - o When designating athletes to heats, True Team recommends fast-to-slow heats. However, you can place your athletes wherever you choose.
  - o Please remind your athletes to let the clerk know which heat they will be in when they check in.
- o Declare entries for field events: The True Team committee is piloting a new way to set up the state meet on athletic.net, including all field events. This will not alter the typical True Team entry rules, but will greatly reduce the workload for field event workers and allow us to begin the meet in a more timely and organized fashion. Please read the following instructions carefully.
  - o DEADLINES: Coaches must declare their field event entries by:
    - **Class AAA: 10:00 AM on Friday, May 15<sup>th</sup>**
    - **Class A: 10:00 PM on Friday, May 15<sup>th</sup>**
    - **Class AA: 10:00 AM on Saturday, May 16<sup>th</sup>**
  - o How to Declare Field Event Entries:
    - Go to Athletic.net and access the True Team State Championship on your home page
    - Select the athletes you wish to declare for each field event.

- Override the seed supplied by athletic.net. Submit a 1, 2, or (in the case of AAA) 3 into the seed mark for the athlete, indicating the flight you want that athlete to be in.
- Complete these declarations PRIOR to the deadline listed above.
- Coaches WILL be allowed to make substitutions on the day of the meet. If there are changes to your field event entries on the day of the meet, submit them directly to the official for that event prior to its start.
- Athletes' names will not be posted online.
- o How to Video: <https://youtu.be/2Nb-5MMIKyA>
- o Timers/Scorer will then, after the deadline, go in and randomly seed the field events, place the athletes in the appropriate flight, set up the live results, prepare the tablets for the event workers, and create the paper copies for the field event judges. Note that running events will be shut down on athletic.net so that coaches will not be allowed to enter athletes into those events. Only field events will be opened to allow and require coaches to enter athletes for the state meet.

### **The Day of the State Championship**

- o Bring with:
  - o A printed copy of your roster (or ensure that you have easy access to a digital copy).
  - o Safety pins for athletes' bib numbers.
  - o Pole vault verification forms—These can be given directly to the event official at the pole vault.
- o Registration and check-in—
  - o Located in “Coach Central” (the garage on the south end of the grandstand).
  - o Registration and packet pick-up will start 75 minutes prior to the first event.
  - o **Coaches should bring their two student workers and one adult worker to registration.**  
Please have them with you so we can confirm their attendance and send them to their duty.
- o Weight implements
  - o Implement weigh-in will happen in the garage on the north end of the grandstand.
- o Spikes - ¼” pyramid only
- o NO CHALK
- o Attend coaches meeting—located in Coach Central. Coaches' meetings will take place at:
  - o Class AAA: 2:30pm
  - o Class A: 9:30am
  - o Class AA: 3:30pm



## IMPORTANT LOCATIONS

### Team Camps:

- Team camps must be located outside the competition area. The baseball stadium grass and the Field Turf B are both available for camps. No stakes allowed on any turf fields - please supervise your athletes as they put up your tents.
- **There should be absolutely no team camps indoors.** Athletes can go into the Activity Center to watch Pole Vault and warm up briefly, but there should be no prolonged camping in the building. Outside of the pole vault gym, there should be **no** athletes inside Eden Prairie High School.
- **NO CAMPING ALLOWED near the jumps and outdoor pole vault area - this must remain clear and spectator-friendly.**
- In the event of inclement weather, **Spectators should seek shelter in their vehicles.** Teams may seek shelter at the EPHS Activity Center or the Eden Prairie Community Center.
- **Please help make sure all camp areas are clean before leaving the site.**

### Coach Central—

- Packet pickup and registration will take place here, as will the coaches' meeting.
- During the meet, the trainer will be located here.

### T-shirt Sales

- State True Team T-shirt sales will be held behind the home side bleachers, near the concessions stand and food trucks. Look for the Red Tent! Shirts are \$20, cash-only. Please remind athletes and parents.

# TEAM AND SPECTATOR PARKING

## PARKING MAP FOR FRIDAY AND SATURDAY:



## Arrival/Bus Drop Off & Parking Instructions (FRIDAY ONLY):

- Buses will be directed to drop off on the East Side of EPHS in the bus loop or via Student Lot B. It is recommended that buses arrive prior to 3pm as the bus loop will close for a brief period of time for Eden Prairie's dismissal and bus loading.
- Buses must unload, then leave EPHS. Bus Parking is available at Round Lake Park until after 4pm.
- Be advised that EPHS will be in session until 3:20PM - for security purposes, teams will be restricted to outdoor spaces and the Activity Center Gym until after 4pm. Please keep your teams from entering the school building until 4pm unless they are Pole Vaulters.
- **Parking will be tight until after school is dismissed (approximately 3:45 pm).** Coaches and athletes are encouraged to use bus transportation. Please encourage spectators to park in a school lot and avoid the Eden Prairie Community Center's parking lot. Violators may be ticketed at the owner's expense.
- **It is advised that spectators arrive closer to 4pm as much as possible. Parking will be INFINITELY easier the later spectators arrive (after student dismissal and the parking lots clear).**

## TIME SCHEDULE/PROCEDURAL NOTES

### Horizontal Jumps:

- Runways are 140' long; triple jump boards at: 20', 24', 28', 32' and 36'
- Jumpers are assigned to flights
- Jumpers will jump in order
  - o However, if there is a conflict with another event, the athlete must communicate with the event official
    - And the event official will work with the athlete(s) to fit them in, even though this might take them out of their original order
    - The athlete must check out and in from the event

- Once the athlete(s) returns from their other event, the official will try to get the athlete(s) into the rotation and back into their original order so all jumps will be completed in the designated time frame
- All jumpers may get their marks, steps, and run-throughs at the start of the meet and prior to the start of their flight.
- Run-throughs for each flight will last 10 minutes and start 10 minutes before the hour, per the time schedule. The pit will be prepped, and the competition will start at the top of the hour and end after 50 minutes.
- An athlete has 15 minutes from the time they check out with the official to check in.
- Once the flight has finished its jumps, the pit will close until the scheduled start of the next flight / run-throughs.
- Each jumper gets 4 attempts

### **Vertical Jumps:**

- Pole vault: girls inside, boys outside.
- High jump: girls first, boys second (HJ will NOT be run concurrently).
- Starting heights to be determined at the coaches' meeting. PV: progression will be 1' increments until  $\frac{1}{3}$  remain, and then 6", when 5 remain, it will go by 3". As soon as a winner is declared, the competition will cease.
- Once a winner is declared, the competition is finished.

### **THROWS**

- Warm up time

### **General Reminders:**

- Admission is \$15 for adults and \$10 for students—CASH ONLY.
- Our on-site trainer will be available near the finish line - typically in the South Garage under the home bleachers.
- Please instruct your athletes that all electronic devices are strictly prohibited in the competition area. Coaches may film their athletes, but may only share the video outside the area of competition. Please be respectful of the areas directly surrounding each field event.
- Concessions will be available for the duration of the meet. Chick-Fil-A and Jersey Mike's sandwiches will be for sale!
- Only meet workers/volunteers and head coaches are allowed in the Press Box and Stadium Garages
- Please remember that the True Team Championship series is *not* an MSHSL-affiliated event. Please do not direct questions about the True Team Championship to MSHSL.
- If you have any questions, *especially* if you are a first-time coach at this State Championship, send them to Mark Alcorn at [jmarkalcorn@gmail.com](mailto:jmarkalcorn@gmail.com) or text at 320-492-0896.

# Minnesota State True Team Track & Field Championships 2026

Field Events	Saturday (5/16) Class A	Saturday (5/16) Class AA	Friday (5/15) Class AAA
Field Events Begin	10:00 AM	4:00 PM	3:00 PM
Girls Discus			
Boys Shot Put			
Pole Vault ( <i>boys outside</i> )			
Girls, then Boys High Jump			
Long Jump (see separate sheet for procedure)			
Boys Flight #1	10:00 AM	4:00 PM	3:00 PM
Boys Flight #2	11:00	5:00	4:00
Boys Flight #3	-	-	5:00
Girls Flight #1	12:00 PM	6:00	6:00
Girls Flight #2	1:00	7:00	7:00
Girls Flight #3	-	-	8:00
Triple Jump (see separate sheet for procedure)			
Girls Flight #1	10:00 AM	4:00 PM	3:00 PM
Girls Flight #2	11:00	5:00	4:00
Girls Flight #3	-	-	5:00
Boys Flight #1	12:00 PM	6:00	6:00
Boys Flight #2	1:00	7:00	7:00
Boys Flight #3	-	-	8:00
Girls Shot Put ( <i>following boys-(approx. times)</i> )	11:45	5:15	6:00
Boys Discus ( <i>following girls - approx. times</i> )	11:45	5:15	6:00
Running Events	Saturday (5/16) Class A	Saturday (5/16) Class AA	Friday (5/15) Class AAA
4 X 800 Meter Relay (Girls)	10:15 AM	4:00 PM	4:00 PM
4 X 800 Meter Relay (Boys)	10:30	4:15	4:15
100 Meter High Hurdles (Girls)	10:45	4:30	4:30
110 Meter High Hurdles (Boys)	11:00	4:45	4:45
100 Meter Dash (Girls)	11:10	4:55	5:00
100 Meter Dash (Boys)	11:20	5:05	5:15
4 X 200 Meter Relay (Girls)	11:30	5:15	5:30
4 X 200 Meter Relay (Boys)	11:40	5:25	5:40
1600 Meter Run (Girls)	11:50	5:35	5:50
1600 Meter Run (Boys)	12:05 PM	5:55	6:05
4 X 100 Meter Relay (Girls)	12:20	6:10	6:20
4 X 100 Meter Relay (Boys)	12:30	6:20	6:30
400 Meter Dash (Girls)	12:40	6:30	6:40
400 Meter Dash (Boys)	12:45	6:35	6:50
300 Meter Hurdles (Girls)	1:00	6:45	7:05
300 Meter Hurdles (Boys)	1:10	6:55	7:20
800 Meter Run (Girls)	1:25	7:10	7:40
800 Meter Run (Boys)	1:35	7:20	7:55
200 Meter Dash (Girls)	1:45	7:30	8:10
200 Meter Dash (Boys)	1:55	7:40	8:20
3200 Meter Run (Girls)	2:05	7:50	8:35
3200 Meter Run (Boys)	2:25	8:10	8:55

4 X 400 Meter Relay (Girls)	2:45	8:30	9:15
4 X 400 Meter Relay (Boys)	3:00	8:45	9:30
Awards	3:15	9:00	9:45

\*JMA, 050726\*

## Relay Exchange Zone Colors/Markings:

EDEN PRAIRIE TRACK AND FIELD

STARTING LINES		HURDLE LOCATIONS		
COLOR	STAGGER	EVENT	COLOR	HEIGHT
	WATERFALL	100M HS GIRLS		33"
	1 TURN	110M HS BOYS		39"
	2 TURN	300M HS GIRLS/BOYS		30"/36"
	3 TURN	400M WOMENS/MENS		30"/36"
	4 TURN			

**RELAY EXCHANGE ZONES**

	4X100 2-TURN	4X200 4-TURN	4X400 3-TURN	4X800 1-TURN	800M MEDLEY 3-TURN	1600M MEDLEY 3-TURN	DISTANCE MEDLEY 1-TURN
1ST EX.							
2ND EX.							
3RD EX.							

## State True Team Worker Assignments 2026

(\* Certified Officials)

### Track:

**ANNOUNCER:** Steve Gerber\*

**CLERK OF COURSE:** Jack Mayeron\*, *Assistants:* Kelly Snyders\* (Fri); Jerry & Barb Popp (Sat)

**REFEREE:** Tom Plocker

**STARTER/ASSISTANT STARTER:** Jenn Myers & John Huber\*

**FINISH LINE:** *Friday:*

*Saturday:*

**HEAD FIELD JUDGE:** Johnny Josephson (Fri); Dave Rarick (Sat)

**TRACK JUDGES:** *Head:* Alli Ruprecht\*

**CHIEF OF HURDLE CREW:** Bruce Kivimaki

**TIMING SYSTEM:** Wayzata Results

**COMPUTER SCORING COORDINATOR:** Eric Harder and Tony Einertson **TRUE TEAM**

**COMMITTEE CHAIRPERSON:** Rob Graham

**STADIUM MANAGER:** Marissa Brandt (Fri); Zach Hanson (Sat)

**COMPETITION MANAGER:** *Head:* Mark Alcorn,

**TEAM CHECK-IN:** Eric Klein, Meghan Orgeman, Ben Nylander, Rob Graham

**AWARD CEREMONY SET-UP:** Johnny Josephson, Dave Rarick, Mark Alcorn

**AWARD CEREMONY PRESENTATION:** *Presented by past and current Minnesota Track & Field Presidents:*

Mark Alcorn, Johnny Josephson, John Bennett, Aaron Berndt, Scott Christensen, Craig Nelson, Eric Klein, Rob Graham, Meghan Orgeman, Kent Viesselman

### Field:

**Triple Jump:** *Friday:* Nicole Berscheid & Kari Schroeder  
*Saturday:* Kelly Snyders\* & Kari Schroeder  
**Long Jump:** Banks Jenkins & Steve Williams  
**GIRLS POLE VAULT:** Pete Tremaine\* (**Girls Inside**)  
**BOYS POLE VAULT:** Greg Utecht\* (**Boys Outside**)  
**BOYS/GIRLS DISCUS:** Dave Wieber\*  
**BOYS/GIRLS SHOT:** Kevin Holubar\*  
**HIGH JUMP:** Kevin Babcock

**TRAINING STAFF:**

**Friday AAA-** TCO

**Saturday Class A-** Devin Zenner and Kenneth Hoang

**Class AA-** Devin Zenner