

**Orono Indoor Meet  
Orono Activity Center - April 5, 2025**



**7:30 am – Facilities Open**

**8:30 am – Coaches' and officials' meeting (finish line)**

**Field Events - Begin at 9:00 am**

**Each participating team will need to provide two**

**Field Event workers by school:**

**Long Jump-**

**Triple Jump-**

**High Jump-**

**Shot Put-**

**Discus-**

High Jump: Girls will go first. Starting height of 3'9" then up by 3 inches. Boys will follow.

Starting height of 4'9" then up by 3 inches

Long Jump: 3 jumps per athlete **\*\*9 am start**

Triple Jump: 3 jumps per athlete **\*\*10:30 am start**

LJ/TJ Boys will go first. Girls will follow.

Pole Vault: Boys will go first. Starting height of 8' then up by 6 inches

Girls will follow. Starting height of 6' then up by 6 inches

Shot put: 3 throws per athlete. They will be placed in flights. Girls will throw first at 9 am. Boys to follow at 10:30 am

**5 entries are allowed for field events**

**Running Events – Begin at 9:00 am**

*(rolling schedule, girls first followed by boys)*

**55h:** Unlimited entries

**55m:** Unlimited entries

**4 x 200:** 2 teams per school (2 turn stagger/ white start line/ 2nd runner cuts after handoff)

**1600m:** Unlimited entries

**400m:** 4 entries (2 turn stagger/white start line, cut at 150m)

**800m:** Unlimited entries

**200m:** 4 entries (2 turn stagger/white start line)

**4 x 400:** unlimited (2 turn stagger/white start line, 1st runner cuts at 150m)

**Teams:**

New Prague, Chaska, Waconia, Jefferson, Orono and Blake (distance only)

**Staging:**

All athletes should check-in at the center of court 3. This is located in the middle of the infield.

Field event athletes should check-in at their event with the event judge.

**Timing:**

Hero's Timing will be timing this meet.

Deadline for entries is 7:00 PM, April 4th.

A PDF meet program will be attached to the live results Friday night.

### **Field Events details:**

- Long jump/Triple jump: ¼ spikes can be used. Tell your long jumps to check in right away. The first hour of the meet is straightaway races and the backstretch is clear. We like to get as many jumps in as during that time.
- Shot put: Competition will be on the inside of the track.
- High jump/Pole vault: Competition will be on the inside of the track. The courts on the inside of the track have a slightly different surface. Quarter inch spikes are allowed on it.

### **Other Notes:**

- Starter will be Mike Beck
- Clerks will be Jeff Brown and Jesse Alex
- Announcer will be Bryan Buzard
- **Team camps can be set up along the walls of the OHS gym. This is located up one flight of stairs on the east side of the Activity Center. We will have a PA system set up so athletes can hear calls for their event.**
- **The upstairs track and fitness areas are not available for athlete use. Warmups should be done inside the gym or outdoors on sidewalks/lawn space.**
- Bathrooms are available on the west side of the lower track, and upstairs in the AC past the gym entrance.
- Long/triple runway is located on the backstretch of the track. The pit is in the north west corner.
- ¼ spike can be used for all running events
- Track surface is mondo and has 5 lanes.
- Communicate to your athlete to be conscious of field events on the infield (Shot, PV, and HJ)
- Buses can drop teams off at the gym entrance.
- Concessions available in the upper level of the AC near the entrance!
- Please, reach out with questions or concerns [nathan.porter@orono.k12.mn.us](mailto:nathan.porter@orono.k12.mn.us)