



Jefferson Track & Field Meet Tuesday April 30th, 2024

Teams: Jefferson - New Prague - Chaska

Location: *Jefferson High School 4001 West 102nd St. Bloomington, MN 55437*

Managers: Sean Faulk (Girls Head Coach)- sfaulk@isd271.org, Jon Leverenz (jleveren@isd271.org)

Entrant Limits: Both Junior Varsity and Varsity athletes will be allowed to compete and events unlimited. If there are no objections, we will combine boys and girls for both the 4x800 and 3200. Please advise if you do not intend to compete in those events.

Timing & Scoring: Timing will be done by www.advantagetiming.com. This will be a pre-seeded meet which means you will need to enter each athlete into the event(s) that they will be competing. Each athlete should have a seed mark entered. You can do one of the following:

- enter a mark from the previous year (s)
- submit a speculative mark based on your best estimate of what they will be able to accomplish on meet day
- you can enter a "no mark". All "no mark" entries will be seeded together in the slower heats of the running events. If we have room in some events like the 800m/1600m/3200m then we will likely have the 'no mark' athletes compete with all others.
- Field events will be cafeteria so they will not be flighted. Thus you need not enter marks for your field event athletes. Simply enter their name into the event.

We will have a Clerk of Course & calls will be made for the athletes to report to their events. Heat sheets and live results will be posted at www.advantagetiming.com.

IMPORTANT: The deadline for you to submit entries will be 8:00 am on meet day.

Team Camps: The infield may be used for warm-ups; however we ask that all team camps be outside the track. [See map for camp locations, team and spectator access.](#) Throwers can access throwing rings from the gate at Southeastern corner of track (behind the jump pits) or through spectator entrance and crossing the field.

Concessions/Restrooms: Concessions will NOT be available. Biffs will be located near the athlete entrance to the track (north west corner) during the meet. Biffs for spectators will be located near the gate of the spectator entrance on the south end of the activity center.

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

Shot Put	Boys First then Girls – 4 Throws/no finals
Discus	Girls First then Boys – 4 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 and Triple Jump (pit closes at 6:30)	We will be using one pit, open cafeteria style w/ both Boys and Girls receiving 4 Jumps (no finals) per LJ and/or TJ.

Running Events: Begin at 4:00 pm (or as soon as both teams are ready) and it will be a rolling schedule

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| 1. 4 x 800m | 7. 400 M Dash |
| 2. 100 M High Hurdles | 8. 300 M Hurdles |
| 3. 100 M Dash | 9. 800 M Run |
| 4. 4 X 200 Relay | 10. 200 M Dash |
| 5. 1600 M Run | 11. 3200 M Run |
| 6. 4 X 100 Relay | 12. 4 X 400 Relay |