

GRIAK INDOOR CLASSIC TRACK & FIELD MEET

Presented by: **University of Minnesota Track & Field**
Friday, March 28th & Saturday, March 29th

GIRLS TEAMS

BOYS TEAMS

Maroon Session Friday, March 28th 3:30 – 9:00	Two Rivers River Falls, WI Elk River Forest Lake Minneapolis Southwest Blaine Rogers LaCrosse Logan, WI St. Paul Highland Park East Ridge Apple Valley Brainerd Nova Classical Academy Rochester Century Farmington Bloomington Jefferson Hill-Murray Andover	Two Rivers River Falls, WI Elk River Forest Lake Minneapolis Southwest Blaine Rogers LaCrosse Logan, WI St. Paul Highland Park East Ridge Apple Valley Brainerd Nova Classical Academy Rochester Century Farmington Bloomington Jefferson Hill-Murray Andover Woodbury
Gold Session Saturday, March 29th 10:00 – 3:00	St. Paul Washington Tech Mpls. Roosevelt St. Paul Harding Mpls. South Totino Grace Simley St. Paul Central EauClaire Memorial, WI New Richmond, WI Mpls. Camden Kasson-Mantorville DeLaSalle Two Harbors	St. Paul Washington Tech Mpls. Roosevelt St. Paul Harding Mpls. South Totino Grace Simley St. Paul Central EauClaire Memorial, WI New Richmond, WI Mpls. Camden Kasson-Mantorville DeLaSalle Two Harbors St. Thomas Academy Mounds View

Field Events:

Shot Put	Contested in three/four flights. Four throws; no finals w/ boys followed by girls. Thirty minute warm-up period during switch over.
Long/Triple Jump	LJ – Contested in three/four flights. Four jumps; no finals. Both genders simultaneously. TJ – Contested in three/four flights. Four jumps; no finals. Both genders simultaneously. Two Runways with Long Jump first. Thirty minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height , 4'6" with 2" increments thereafter. Girls first. Boys – 5 ft. opening height, 5'6" with 2" increments thereafter. Follow girls w/30 minute warm-up.
Pole Vault	Boys – 9 ft. opening height. Increments: 10 ft. and 6" thereafter. Boys first. Girls – 7 ft. opening height. Increments: 8 ft. and 6" thereafter. Follow boys w/30 minute warm-up.

Running Events: Each session will be on a rolling time schedule. Please advise your athletes to report to the clerk on the first call. All events: Girls followed by Boys.

4x800 Relay	One/Two Section(s)	800m Run	Two/Three Sections
60m High Hurdles	Four/Five Sections (9 lanes)	200m Dash	Six/Seven Sections
60m Dash	Four/Five Sections (9 lanes)	1600m Run	Section II (fast section)
1600m Run	Section I (slower section)	4x400 Relay	Two/Three Sections
400m Dash	Six/Seven Sections (no blocks)		

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General Information

Each team is permitted (3) entries/individual event and (1) relay. Wayzataresults will provide the timing and scoring services and all entries will be done online at athletic.net.

All entries are based on 2024 performances (dash and hurdles based on 100/110 outdoor distances).

All entries are due Wednesday, March 26th by 8:00 p.m. Final programs will be posted by March 27th.

Enter the Fieldhouse along University Ave. and proceed to the east end (turf) of the Fieldhouse and set up camps along the outside walls to accommodate a warm up area on the inside. Please advise parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing. Fans will not be allowed on the turf area or along the north wall. **There will be a coaches meeting 30 minutes prior to each session.**

Uniforms must comply with MSHSL and National Federation High School rules.

Athletes must report at **first call** for their event to the bleachers marked "Race Instructions". For all events requiring more than one section, in accordance with NFHS rule, the fast section shall run last. **Field athletes must report to their venue prior to the start of all competition regardless of flight assignment.**

Athletes are not permitted to use electronics anywhere on the track or infield of the Fieldhouse! All electronic devices (cell phones, headphones, ear buds etc.) must stay at your team camp or in the bleachers. All watches are legal. **No food or gum on the turf!!!**

The top three athletes in individual events and relays will be awarded championship Griak gear and the first place girls and boys teams will receive a championship trophy for each session. Awards may be picked up under the scorer's area.

A warm-up time will be allotted one hour prior to each session. **For liability reasons and per NFHS rule, please** make sure a coach or event official is present at the field event areas during warm-ups. By MSHSL rule, helmets are required during warm-ups and competition at the pole vault. All athletes must comply.

Track surface is Beynon 2000; ¼" inch pyramid spikes are allowable.

Results will be posted "live" on wayzataresults.com

Certified trainer will be on site.

Concessions, t-shirts & wristbands will be on sale in the lobby.

Admission fee is \$10.00 for all spectators 12 and older.

Buses:

Drop off and pick up on University Ave. at the Fieldhouse. Buses will be asked to park along 6th St. between 23rd Ave. and 25th Ave. (between the Ski-U Mah and Victory lots). See map.

Entry Fee:

\$250/school, single gender or \$500/school, both boys and girls

Checks to: ***University of Minnesota***

Mail to: Scott Stallman
U of M Director of High School Track & Field
6225 Cascade Pass
Chanhassen, MN 55317

Questions directed to: Scott Stallman (meet director) stallmanscott@mediacombb.net