**RON SASS INVITATIONAL TRACK & FIELD MEET**

**Order of Events**

**May 3, 2019**

3:15 Coaches Meeting at the finish line

3:45 Field Events

Pole Vault & High Jump (5 alive rotation)

Long & Triple Jump (cafeteria style, pits close at 5:30)

Shot Put then Discus (Mahtomedi, Rogers, White Bear Lake)

Discus then Shot Put (Buffalo, Spring Lake Park, Irondale)

3:50 Running Events on a rolling time schedule

JV 1600 (unscored, unlimited, coaches time their runners)

1600 Run (2 sections, best 16 runners in first section)

4 x 800 Relay

110 High Hurdles

100 Dash

4 x 200 Relay

Sprint Medley Relay (2-2-4-8)

400 Dash

300 Intermediate Hurdles

800 Run (best 12-14 runners in first section)

4 x 100 Relay

9th grade 4 x 100 Relay

Throwers 4 x 100 Relay (must have thrown Shot or Discus)

200 Dash

3200 Run (1 section)

4 x 400 Relay

JV 4 x 400 Relay (unscored, coaches time their teams)

**Ron Sass Invitational**

**Meet Mechanics**

**May 3, 2019**

Entry Limits:

6 athletes per individual event

We will download your rosters from the MSHSL website and enter them in HY-TEK which will assign competitor numbers to them. We will email you a list of names and assigned numbers for the meet. Please have your athletes write their number on the back of their hand on meet day. Try to do this in the bus before you arrive. They will be entered in their events by their competitor number.

Running Events:

Fully automatic timing will be used

3:50 is first running event with rolling time schedule

Fastest to Slowest in events with heats/sections

Unscored JV races will be timed by their own coaches

Field Events:

All Field Events start at 3:45 - they must sign in before 3:45

Opening height for pole vault is 8', 9', 9'6"' with 6" raises after

Opening height for the high jump is 5' with raises of 2" after

Long & Triple Jump - cafeteria style - 4 jumps - pits close at 5:30

Shot Put & Discus - two flights Shot then Discus (Rogers, Mahtomedi, White Bear Lake)

Discus then Shot Put (Buffalo, Irondale, Spring Lake Park)

Admissions will be: $6 Adults and $4 Students

Concessions Stand will be open and available to all

Coaches will be provided pizza and beverage at around 5:30

Scoring/Awards:

Scoring will be 10-8-6-4-3-2-1

Ribbons to 1st, 2nd, and 3rd places in all event

Coaches, please pick up ribbons and results in Press Box before leaving

Jury of Appeals: Buffalo, Spring Lake Park, Mahtomedi, alt. Rogers

Head Coaches and schools attending:

Scott Palmer Buffalo

Isaac Fordyce Mahtomedi

Tom Rodefeld Irondale

Ken Worel Rogers

Jason Liston Spring Lake Park

Tom Paulson White Bear Lake

Student Workers: **three per school**

Buffalo - High Jump (2) Starting blocks (1)

Rogers - Discus (3)

Spring Lake Park - Long Jump (3)

Mahtomedi - Shot Put (3)

Irondale- Triple Jump (3)

WBL - Pole Vault, Clerk, Finish line, Hurdle crew, Starter cart

Relay Exchange Judge Assignments:

4 x 200 Relay 1st and 3rd exchanges - Irondale and Spring Lake Park

Sprint Medley Relay 1st exchange - WBL

4 x 100 Relay 1st exchange - Buffalo

2nd exchange - Mahtomedi

3rd exchange - Rogers

Finish Line Area exchanges will be judged by Starter and Finish Officials