**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