White Bear Lake Richard Samuelson Invitational

Wednesday, April 17, 2019

Teams attending: **Tartan, Roseville, Hudson, Spring Lake Park,**

**White Bear Lake**

**Varsity Head Girls Coaches**

**Hudson - Jamison Holum**

**Roseville - Greg Ueland**

**Spring Lake Park - Jason Liston**

**Tartan - Jim Boyle**

**White Bear Lake - Richard Samuelson**

**Entries:**

This is a scored varsity meet with 4 athletes per event. Teams can enter 2 relays per school, but one needs to be designated scored varsity. Every coach should received a list of athlete numbers from Tom Paulson the week of the meet by email. Write the athletes number with a black marker on the competitor’s back of their hand. Try to do this on your bus ride to WBL to have athletes ready upon arrival. Seeding of the heats will be done on the track by the Clerk of Course. Heats will be run from fastest to slowest, so athletes should know who is the fastest to slowest when they report.

**Procedures:**

1. Track athletes should check in with the clerking official (at the west end of the track near the 100 m. starting line) before their event. **All events will be FAT timed and times will be posted in the window of the press box.**
2. Field athletes need to sign in with field event judges before competition begins.
3. Long and Triple Jump will be run on the SEPARATE RUNWAYS in cafeteria style. Each competitor may have a total of four (4) attempts.
4. The High Jump and Pole Vault will be run efficiently. Check out with the judge if you leave. Starting height determined at coaches meeting.

**Order of Events**:

3:30 Coaches Meeting

3:45 p.m. Field Events

Pole Vault - Opening height determined at coaches meeting

High Jump - Opening height determined at coaches meeting

Triple Jump - 4 jumps each, cafeteria style, pits close at 5:30

Long Jump - 4 jumps each, cafeteria style, pits close at 5:30

Shot put - 4 throws/athlete (Buffalo - Tartan - Rose first)

Discus - 4 throws/athlete (Hudson - SLP - WBL first)

4:00 p.m. Running Events Begin. Rolling schedule will be used

1600 JV non-scoring, unlimited entry, time own athletes

4 x 800 relay

100 hurdles

100 dash

4 x 200 relays

1600 run

4 x 100 relay

400 dash

300 hurdles

800 run

200 dash

3200 run

4 x 400 relay

4 x 400 jv non-scoring, unlimited entry, coaches time teams

**Awards:**

A plaque will be awarded to each first place event winner.

Also a team plaque will be awarded to the winning team.

**Scoring:**

6 places – Scoring will be 10-8-6-4-2-1

**Supplemental Information:**

* Only coaches and athletes on the field - no parents and non-athletes.
* Team camps must camp outside the stadium field area.
* Sunflower seeds and gum are not allowed on the stadium track or field

**Student Meet Workers - please report to your job at 3:30**

* **Long jump** – Hudson (3)
* **Triple jump** – Tartan (3)
* **High Jump –** WBL (2)
* **Pole Vault** – WBL (2)
* **Shot Put -** Spring Lake Park (3)
* **Discus** - Roseville (3)
* **Starter (blocks) –**  WBL (1)
* **Hurdles** – WBL (8)
* **Clerk -** WBL (2)
* **Finish Line** - WBL (2)

##### Relay Exchange Responsibilities

4 x 200

* exchange zone 1&3 White Bear Lake & Hudson
* Finish line exchange zone 2Meet Officials

4 x 100

* exchange zone 1 Spring Lake Park
* exchange zone 2 Roseville
* exchange zone 3 Tartan

#### 4 x 400 and 4 x 800 Meet Officials