**Don Fineran Panther Invitational**

Friday, April 26, 2019

**Teams Participating: Columbia Heights, Detroit Lakes, North, Spring Lake Park/St. Anthony, Tartan**

**3:30 pm - Coaches Meeting** (at finish line area)

We can discuss opening heights as stated below, if needed.

Relay Exchanges: 4x2: 1st and 3rd – Columbia Heights & Detroit Lakes

2nd – North

4x1: 1st – SLP/SA

2nd – Tartan

3rd – SLP/SA

**4:00 pm – Field Events Begin**

**Shot Put** – Boys 1st (4 Throws – No Finals)

**Discus** – Girls 1st (4 Throws – No Finals)

**Triple Jump\*** – Girls 1st (4 Jumps – No Finals) – Open Pit 4:15-5:45pm, then 15 minutes for Girl run throughs

**Long Jump\*** – Boys 1st (4 Jumps – No Finals) – Open Pit 4:15-5:45pm, then 15 minutes for Boy run throughs

**Pole Vault** – Girls 1stOpening at 6, 7, 8, 8’6”…. Boys opening at 8, 9, 10 10’6”….

**High Jump** – Girls 1st Opening at 4, 4’3”, 4’6” then up by 2”… Boys open at 5, 5’3”, 5’6”, then up by 2”

\*2nd Round of jumps will begin after 1st Round completion and warm-up time.

**4:00 pm – Running Events Begin**

(All running events are FINALS and will go on a rolling schedule with Girls Heats first, followed by the Boys Heats)

4 x 800m Relay

100/110m Hurdles

100m

4 x 200M Relay

**Kids Race – 20 meters for pre-K, 100 meter each for K-3 and for 4-8**

**Mile Run – Athletes are encouraged to dress up for this event, anything circa 1970 to 1985**

4 x 100m Relay

400m

300m Hurdles

800m

200m

3200m

4 x 400m Relay

**Entries/Competitor Numbers** – 4 entries per individual events. Two relay teams per relay event. Please designate the ‘A’ and the ‘B’ team for scoring purposes.

There will be no individual seed time entries necessary for the meet. We are using Wayzata Timing for the meet. Please import your updated MSHSL rosters to [www.wayzataresults.com](http://www.wayzataresults.com) by 8 pm on Wednesday, 4/24. You will then register your school for the meet on the site. Once you click "accept" on the meet invitation - you need to click "register athletes" -> click register by event "roster only" and select "Varsity" for anyone who might be competing in the meet. Competitor numbers will then be sent by the timing company on Thursday, 4/25. Have athletes place competitor numbers on their left hand before the meet starts.

**If you have any questions for this process, you can email to** [**tfentries@wayzataresults.com**](mailto:tfentries@wayzataresults.com)**.** This is an automated email system that should be able to answer any questions you may have.

**Scoring** – Individual scoring is 8-6-4-2-1. Relay scoring is 8-6-4-2.

**Spikes** – ¼” pyramid spikes are allowed on all surfaces.

**Markers** – Please no tape on the track or runways. Markers will be provided for relays as well as chalk for runways.

**Concessions** – Will be available at the NW end of the track.

**Team Camps** – NO camps will be allowed on the infield of the track. All camps must be outside the track area. Please remind your athletes to be aware of competition as they move about. Please make sure that your area is tidy as you leave. Thank you in advance!

**Clerk of Course** – This will be located by the start of the 100 on the track. Athletes should be prepared to move on a rolling schedule. Athletes should check in by second call for their events at the latest.

**Facility** – Please instruct your athletes to be prepared for competition as there are NO locker room facilities available at the track site. There will be bathrooms available for your use. The school is off limits; if we can keep everyone out of the school that would be great.

**Prizes** – Medals for first place and team trophy for the boys and girls champions

**Track Location** – Spring Lake Park High School: 1415 81st Ave NE, Spring Lake Park, MN 55432

**Questions** – Please direct any questions you may have to:

Jason Liston - Boys and Girls Head Track Coach

651-246-2928

[jlisto@district16.org](mailto:jlisto@district16.org)

Thanks and have a great week!