

Packer Invitational

April 26, 2014

Teams Invited:

Esko, Mankato East, Rochester Century, Rochester Mayo, Owatonna (girls), Austin, Deer River Visitation (girls)

Schedule of Events:

9:20 Coaches Meeting: Football Locker room

Instructions from the starter, last minute information

10:00 Field Events

4 jumps/throws

GIRLS: Pole Vault, Triple Jump, Shot Put

BOYS: High Jump, Long Jump, Discus

12:00 Field Events

4 jumps/throws

GIRLS: High Jump, Long Jump, Discus

BOYS: Pole Vault, Triple Jump, Shot Put

10:30 Running Events

10:30	Girls 4x800 Meter Relay	Finals
10:45	Boys 4x800 Meter Relay	Finals
11:00	Girls 100 Meter Hurdles	Finals (3 heats)
11:10	Boys 110 Meter Hurdles	Finals (3 heats)
11:20	Girls 100 Meter Dash	Finals (3 heats)
11:30	Boys 100 Meter Dash	Finals (3 heats)
11:40	Girls 4x200 Meter Relay	Finals
11:50	Boys 4x200 Meter Relay	Finals
12:00	Girls 1600 Meter Run	Finals
12:10	Boys 1600 Meter Run	Finals
12:20	Girls 4x100 Meter Relay	Finals
12:25	Boys 4x100 Meter Relay	Finals
12:35	Girls 400 Meter Dash	Finals (3 heats)
12:45	Boys 400 Meter Dash	Finals (3 heats)
12:55	Girls 300 Meter Hurdles	Finals (3 heats)
1:10	Boys 300 Meter Hurdles	Finals (3 heats)
1:20	Girls 800 Meter Run	Finals (3 heats)
1:30	Boys 800 Meter Run	Finals (3 heats)
1:40	Girls 200 Meter Dash	Finals (3 heats)
1:50	Boys 200 Meter Dash	Finals (3 heats)
2:00	Girls 3200 Meter Run	Finals
2:20	Boys 3200 Meter Run	Finals
2:40	Girls 4x400 Meter Relay	Finals
2:50	Boys 4x400 Meter Relay	Finals
3:00	Awards	

Awards:

- Team championship trophy, boys and girls.
- Metals for top three finishers in all events.

Scoring:

- Individual events (10-8-6-5-4-3-2-1)
- Relays: (10-8-6-5-4-3-2-1)

Entries:

- You will not need to submit a line-up prior to the meet. Please be sure to have your entire roster entered into the MSHSL page as we will download your roster from there and produce competitor numbers for your athletes which we will email to you. You should have your athletes write their numbers on the back of their left hand on the day of the meet.
- The meet manager will assign heats and lanes. Each team will get one athlete per heat with the **FIRST HEAT FAST HEAT**.
- 3 entries per individual event
- 1 relay team.

General Information:

- Starting blocks will be furnished
- Our track and jumping areas are a Mondo surface. We would ask that your athletes use no longer than 3/16" cone or pyramid spikes.
- Please do not use tape on the track or runways, chalk or tennis balls will be provided
- All team camps must be set up on the south side of the access road on the south side of the track. Please clean up your camp areas before you leave. If area is wet please set up camps on the football stadium bleachers.
- A concession stand will be open during the meet.
- Pole Vault: Boys' will start at 9', Girls at 7' bar will go up in 6 inch intervals
- High Jump: Girls' will start at 4'2", Boys' at 5'2" bar will go up in 2-inch intervals.
- Running events will be timed using a Finish Lynx system
- The time schedule is approximate, if we get ahead, we will stay ahead.
- Results will be available right after the completion of the 4x400. Whether or not you pick up a set of results, a copy will be emailed to your AD. If you would like a set of results emailed to any media outlet, give the name of the contact person and the email address to the scorer in the press box.
- Contact:
 - AD – Lisa Quednow-Bickler
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