

2015 SUBURBAN EAST CONFERENCE TRACK AND FIELD MEET

To: Suburban East Track and Field Coaches

From: Jack Mayeron, Dick Riter and Bob Stewart
2015 Conference Meet Managers

Meet Dates: Prelims: May 19, 2014 Finals: May 21, 2014

Location: East Ridge High School

Here are the detailed procedures we will follow for this year's Suburban East Conference Track and Field Championships. Please review the information carefully as there are schedule changes from last year as directed by the coaches at the annual meeting held last November.

ENTRY PROCEDURE:

- **ENTRIES WILL BE SUBMITTED USING THE RACEBERRY ONLINE REGISTRATION SYSTEM AS FOLLOWS:**
 - Go to the following website: www.raceberryjam.com
 - Click on Outdoor Track
 - Find the Suburban East Conference Meet in Upcoming Events
 - Establish a Password for yourself if you do not already have one
 - Enter your athletes as directed

- **ALL ENTRIES WILL BE DUE BY NOON ON SUNDAY, MAY 17th**
- **BE SURE TO BEGIN THE PROCESS (ESTABLISH A PASSWORD) SEVERAL DAYS BEFORE THE DEADLINE. IT WILL TAKE AT LEAST ONE DAY FOR THE RACEBERRY PASSWORD TO BE ACTIVE.** Should you have questions regarding entry submission please contact Brandon Overlie at 612-991-6552.

SCRATCH / ADD PROCEDURE:

- **Prelim Day Tuesday, May 19th:** Unlimited scratch/add until **7:00 p.m. Monday, May 18th** – email changes to: brandon.overlie@gmail.com
- No adds for Prelims after 7:00 p.m. Monday – Scratches only
- **Finals Day Thursday, May 21st:** unlimited scratch/adds until **7:00 p.m. Wednesday May 20th** – email changes to: brandon.overlie@gmail.com
- No adds after 7:00 p.m. Wednesday May 20th – Scratches only
- **Scratch/add requests should be in the following format:**
 - Event _____ Gender _____
 - Scratched Athlete Name _____ Seed Mark _____
 - Added Athlete Name _____ Seed Mark _____
- **Scratches on Tuesday May 19th and Thursday May 21st may result in open lanes**

Note: Heat sheets will be sent out by email Tuesday and Thursday mornings.

MEET FORMAT:

Four entries per school with the addition of petitioned athletes expanding the field to 45 athletes. Coaches will submit entries using the online entry method. The top four entries from each team will automatically be seeded to the meet. **Additional entries beyond the top four will be considered petitioned entries** and will be seeded to the meet as space permits based on seed performances submitted. Coaches will be notified of the status of petitioned and their other entries by noon, Monday, May 18th

- **Hurdles, 100, 200, and 400** will run preliminaries with 5 heats; heat winners and next four fastest times will advance to the finals.
The **800** preliminaries will be run in four heats of three alleys. Top 2 in each heat and next four fastest times will advance to the finals.
The **1600** and **3200** will be run in two final sections for each gender and will start from two waterfalls. **NOTE: 3200 RUNNERS SEEDED TO THE SLOWER SECTION WHO ARE ALSO RUNNING IN THE 4 X 800 RELAY CAN BE MOVED TO THE FAST SECTION.**
- **Relays** will be run in one final section
- An attempt will be made to place no more than two runners from each school in a preliminary heat. All finals will follow usual seeding format.
- **Shot put** and **Discus** will be contested in four seeded flights. Competitors will be given 15 minutes to warm up between flights. Finals will follow after a 15 minute warm up period. **Implement weigh-in** will be held at the equipment building north of the track prior to competition beginning at 2:00 on Tuesday and 3:00 on Thursday.
- **Horizontal jumps** will be contested in **two seeded flights**; the best 20 seed marks will compete in the 2nd flight. Competition will be cafeteria style within flights. Flight 1 will be given 85 minutes to jump; flight 2 will be given 70 minutes and there will be a 15 minute warm-up period between flights. Finals will follow after 25 minutes of warm-up. **Preliminary flights will be held to a firm time schedule which will be posted prior to the beginning of competition.**

TUESDAY LJ AND TJ TIME SCHEDULE

Flight 1 2:45 – 4:10
Flight 2 4:25 – 5:35

Finals 6:00

THURSDAY LJ AND TJ TIME SCHEDULE

Flight 1 3:45 – 5:10
Flight 2 5:25 - 6:35

Finals 7:00

- **High Jump** and **Pole Vault** will be contested using 3 alive – Opening Heights will be determined after all entries are submitted. Coaches have recommended that the High Jump and Pole Vault open at a height chosen to give a majority of the competitors an opportunity to clear the starting height.

SCORING

- Individual Events: 12-10-8-6-5-4-3-2-1
- Relays: 18-15-12-9-6-4-3-2-1

FACILITY

- **General warm-ups are to be conducted outside the track on the field west of the athletes' gate. Once athletes are clerked-in, they will be allowed to continue their warm-ups on the infield in a flagged, designated area.**
- Spikes may not be longer than ¼" pyramid type only; needle and Christmas tree spikes will not be permitted.
- Tape or ½ tennis balls may be used to mark runways and relay exchanges; teams will need to bring their own.
- In case of inclement weather the high jump will be moved indoors to the gym. Pole Vault competition will be rescheduled to the following day since no indoor facilities are available at East Ridge and coaches have determined that all competition should be at the same venue.

STUDENT WORKERS:

Each school will be responsible to provide 4 student workers as follows (schools assigned to hurdle setting will each provide 5 student workers):

Woodbury – Triple Jump	Forest Lake – Pole Vault
Roseville – Long Jump	White Bear (5) – Hurdles
Cretin DH – Shot Put	Park – Discus
East Ridge – Blocks	Mounds View – Runners 3 & high jump 2
Stillwater (5) – Hurdles	

COACHES: HAVE STUDENT WORKERS REPORT DURING THE COACHES MEETING – THERE WILL BE A CHECK-IN TABLE ADJACENT TO THE COACHES MEETING AREA WHERE THEY WILL BE GIVEN ASSIGNMENTS, INSTRUCTIONS AND NAME TAGS

RELAY EXCHANGE ZONE ASSIGNMENTS

(ALL ASSIGNMENTS FOR BOTH BOYS AND GIRLS EVENTS)

4x 200 Meter Relay

(First and Last Exchange – In and Out)

Lanes 1, 2 & 3	Forest Lake
Lanes 4, 5 & 6	Roseville
Lanes 7, 8 & 9	White Bear Lake

(Second Exchange – In and Out)

Lanes 1, 2 & 3	Woodbury
Lanes 4, 5 & 6	Stillwater
Lanes 7, 8 & 9	Mounds View

4 X 100 Meter Relay

(First Exchange – In and Out)

Lanes 1, 2 & 3	Forest Lake
Lanes 4, 5 & 6	Roseville
Lanes 7, 8 & 9	White Bear Lake

(Second Exchange – In and Out)

Lanes 1, 2 & 3 East Ridge
Lanes 4, 5 & 6 Stillwater
Lanes 7, 8 & 9 Cretin Durham Hall

(Third Exchange – In and Out)

Lanes 1, 2 & 3 Woodbury
Lanes 4, 5 & 6 Park
Lanes 7, 8 & 9 Mounds View

4 X 800 Meter Relay and 4 X 400 Meter Relay

All exchanges will be handled by starters, finish line personnel and referee

UNIFORM RULE: The MSHL rules regarding uniforms will be enforced. Coaches have requested that the clerk of course and field event judges monitor athletes for compliance prior to competition.

COMPETITORS MAY NOT HAVE ELECTRONIC DEVICES IN THE COMPETITION AREA

JURY OF APPEALS:

GIRLS:

FOREST LAKE
WOODBURY
STILLWATER

BOYS:

EAST RIDGE
MOUNDS VIEW
ROSEVILLE