



# MINNESOTA STATE HIGH SCHOOL LEAGUE

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## Section 2AAA Meet Information 2025

The Section 2AAA Track and Field Meet will be held at Minnetonka High School starting at 3:30pm for field events and 4:30 p.m. for running events on Wednesday May 28, 2025 and Friday, May 30, 2025.

This is an advancement meet to determine entries in the 2025 MSHSL State Track and Field Meet. Top two in each individual event and top two relays advance to the State meet. Individuals and relays may advance on [standard](#). Qualifying based on standards must be met during finals for all running events.

Schools entered: Bloomington Jefferson, Chanhassen, Chaska, Eden Prairie, Minnetonka, Prior Lake, Shakopee and Waconia.

**Entries:** Each team is allowed one entry in relays and three entries in individual events. You must declare your relay team members. Each relay team member will have that relay count as one of their individual events.

**Entries through *athletic.net* are due Saturday May 24, 2025 by 10:00 p.m.** The MSHSL is sending all entry procedures to the coaches and AD's. They are pretty rigid on the process so be fully prepared with your input from your asst. coaches as to what athletes in what event. The individual entering your athletes needs to be familiar with the process.

Final scratches may be made at the coaches meeting to be held at the finish line at Minnetonka High School, beginning at 3:00 p.m. on May 28, 2025. Scratches the day of the meet are a scratch in all events for that athlete. See me if you are considering scratching any relay.

Trainer will be available each day near the finish line area. (Cassie Arrington, TCO)

Warm-ups are allowed on the west side of the infield for athletes after they check in.

Rest Room Facilities: Near visitor bleachers & Inside Pagel Center. Porta-potties available near teams camps for competing athletes.

Spikes: 1/4" pyramids or less. No pins. Throwing circles are concrete. Athletes using illegal spikes will be disqualified.

Uniform rules will be enforced. Check your athletes so they are legal so that they will not have any issues at the meet. Please reference the MSHSL rules modification on your coaches dashboard.

Spectators are not allowed on the infield or in the area near the F.A.T. operators.



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Runners must report to the Clerk of Course at the 30 yard line on the turf no later than 15 minutes prior to their scheduled event.

Preferred lanes: races on curves 4-5-3-6-2-7-8-1 races on straight-aways 4-5-3-6-2-7-8-1.

High jump and pole vault areas are only for competitors and their coach. Once they are eliminated from the event, they must exit to the team camps. We will provide coaches boxes near the HJ and PV areas.

**Pole Vault** When a vaulter checks in at the event, the pole vault event judge and/or the field event referee will inspect the poles to verify they are legal equipment.

It is the responsibility of the head coach to ensure that the vaulter uses the properly rated pole. The head coach shall verify that each vaulter will use the properly rated pole throughout the competition by providing the pole vault weight verification form used during all meets and on file in the school athletic director's office. The form shall be signed by the head coach and the school athletics director. You can get [the form off the MSHSL website](#).

No vaulter may participate in warm-ups until his/her poles have been checked and the weight form has been turned in to the judges.

## **BOYS**

Warm up at 10'0"  
Opening Height 10'0"  
6" increments until 8 or fewer competitors remain  
3" increments until completion of the event  
State qualifying standard is 13'2"

## **GIRLS**

Warm up at 7'0"  
Opening height 7'0"  
6" increments until 8 or fewer competitors remain  
3" increments until completion of the event. State qualifying standard is 10'10"

If a bar raise will bypass the state standard, the bar shall instead be placed at the state standard.

When vaults are completed at that height, the original next height from the original increments shall be used.



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## High Jump

### GIRLS

Opening Height will be 4'4"  
2" increments until 5'0"  
Then the bar will be raised in 1"  
increments until the completion  
of the event.  
State standard is 5'1".

### BOYS

Opening height will be 5'2"  
2" increments until 6'0"  
Then the bar will be raised in 1"  
increments until the completion of the  
event.  
State standard is 6'1".

If a bar raise will bypass the state standard, the bar shall instead be placed at the state standard.

When jumps are completed at that height, the original next height from the original increments shall be used.

Relay cards will be provided at the coaches meeting on finals day and must be submitted to the clerk prior to the relay, 8 names may be listed. Please check the names of those who compete. You may make changes after the meet if your relay advances to state. Substitutions are allowed in relays that are going to state.

[Appeals forms](#) will be available at each day's coach's meetings. Completed forms must be given to the meet referee to begin the process of appeal.

### APPEAL PROCEDURE

- 1. The Games Committee is chaired by Anita Woodrow, Tournament Director**  
Additional members include: Boys head coaches from Jefferson, Chaska, Eden Prairie & Prior Lake. Girls head coaches Chanhassen, Minnetonka, Shakopee & Waconia.
- 2. Disqualification and Appeals**
  - A. The **head coach** will be called by the PA announcer to meet with the Referee by the clerking tent.
  - B. It is the responsibility of the head coach to remain on site for announcements following an event to ensure that an athlete/relay has not been disqualified.
- 3. What IS Subject to Appeal?**
  - Appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement of event results.
  - Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the Games Committee. This would include such items as the time schedule, the numbers of qualifiers to advance, number of trials, etc.
  - Appeals dealing with correction of clerical or team scoring errors may be corrected up to 48 hours after conclusion of the meet.
  - Appeals dealing with correction of meet results involving an ineligible participant may be made at any time discovered.
- 4. What IS NOT Subject to Appeal?**
  - Any judgment decision pertaining to violations or alleged violations of the rules.



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- A decision made by the starting or finish line officials that does not involve a misapplication of a rule or the terms and conditions of competition.

## 5. Appeals Procedure

The head coach who wishes to file an appeal during the meet shall:

- Go to the clerking tent and complete an appeal form.
- The Coaches Representative will bring the appeal to the Referee.
- The Referee will review the appeal to determine if it falls within what is subject to appeal; if it does, the Referee will assemble the Jury of Appeals.
- The Jury of Appeals will review the decision and rationale of the Meet Referee, the appeal and rationale provided by the coach, and will render a decision. The Referee is not a member or part of the discussion of the Jury of Appeals. The Jury of Appeals is the final board of review at the section meet. If a jury member's school is involved in a protest, s/he will step aside for that issue.
- A member of the Jury of Appeals will notify the coach of the decision.

**Student workers:** Each team (by gender) will be required to provide 2 student workers. (2 boys & 2 girls per school) for **both days** of the section meet.

Bloomington Jefferson - Shot put

Chanassen - Discus

Chaska - Long Jump

Eden Prairie - Triple Jump

Prior Lake - Pole Vault

Minnetonka - Hurdle Crew

Shakopee - High Jump

Waconia - Long Jump



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## Arrival/Bus Drop Off & Parking

- Be advised that MHS will be in session until 2:40pm - for security purposes, all indoor school facilities will be off limits to teams and spectators until 3:30pm.
- Buses will be directed to drop off at the top of the stairs in the southwest corner of the west lot at Minnetonka. **Team buses must arrive prior to 2:15pm or after 3:00pm to accommodate dismissal at the end of their school day.**
- Any bus that arrives prior to 2:15pm must leave the campus/parking lot to accommodate MHS school dismissal.
- Bus Parking is available in the lower lot by the softball & soccer fields on the southwest lot **after school is out at 3:15pm**. Additional bus parking is available on the EAST side of the school **after 3:15pm**.
- Parking will be tight until after school is dismissed. Coaches and athletes are encouraged to use bus transportation.
- **Please tell your fans they are not to arrive at Minnetonka High School prior to 3:00pm. The parking lot can not accommodate early arrivals due to school dismissal.**





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## Team Camps:

- Team camps must be located outside the competition area. Camps should be located on the grass area along the tennis courts
- **NO CAMPING ALLOWED near the jumps and pole vault area - this must remain clear and spectator-friendly.**
- Please help make sure all camp areas are clean before leaving the site.



## Trainer:

- Our on-site trainers from TCO will be available near the finish line.



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## Admissions:

- There will be an admission charge for all spectators. Tickets must be purchased online: \$8.00 for Adults, \$5.00 for students. Athletes must be wearing a school issued uniform in order to get in with no charge.
- Online ticket links:
  - May 28th: <https://gofan.co/event/3601390?schoolId=MN9791>
  - May 30th: <https://gofan.co/event/3601389?schoolId=MN9791>

## Clerking and Warm-Ups:

- Please instruct your athletes to listen to the P.A. announcer for calls or report information. We will follow the time schedule unless inclement weather necessitates moving ahead.
- Athletes must report to the clerk at least 15 minutes prior to their running event. Please have all four members of your relay report. The clerking area is located at 30 yard line on the turf.
- Field event athletes must check-in directly at their event site.
- Coaches are allowed on the infield only when moving from point A to point B. Please do not coach or meet with athletes/coaches on the infield. We want this area free and clear of spectators, athletes and coaches.

## Other Items:

- Please instruct your athletes that all electronic devices are strictly prohibited in the area of competition. Coaches may film their athletes but may only share the video outside the area of competition or in a coaches box. Please be respectful of the areas directly surrounding each field event.
- Concessions will be available for the duration of the meet.

## Field Event Information

- Tape will be provided by host school for marking purposes for high jump (one tape mark is allowed per athlete)..
- Tape marks are not allowed on the runways in the long jump, triple jump and pole vault. Host school will provide chalk for marking along runways, but outside of official runway (if needed)
- Coaches and non-competitors must stay out of restricted field event areas.
- Throwing implements will be checked at the garage behind visiting bleachers.  
**Implement inspections will take place between 2:30pm and 3:15pm each day.**
- Field event competitors must report on the first call. All must check in prior to the event starting.
- Running events take preference over field events. In following MSHSL state meet procedures, the athlete check-out process will reflect a 15 minute time period. Athletes must check out with the event judge and return no later than minutes after their race ends (not after all heats of their event concludes).
- Starting heights will be determined by meet officials, depending upon performances submitted, with adjustments to meet state qualifying standards.



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## **Scoring**

Athletes placing 1st through 8th place will receive points for their team in the following order: 10-8-6-5-4-3-2-1 for all running events & field events. 9 athletes will advance to finals in field events but only 8 athletes will score in the meet. Scoring for relays will be 10-8-6-5-4-3-2-1.

## **Awards:**

All awards will be announced after the finals for each event. Coaches with the winning athlete or relay in each event will assist at the awards stand. Athletes placing 1-8 will be announced and will receive medals.



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## Section 2AAA Track & Field Day 1 Wednesday, May 28, 2025

*Coach's meeting: 2:30pm*

### **Running Events**

- 4:30 Girls 100M HH Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 4:45 Boys 110M HH Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 4:55 Girls 100M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 5:05 Boys 100M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 5:15 Girls 400M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 5:25 Boys 400M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 5:45 Girls 300M Low Hurdles (3 heats, heat winners & next 5 fastest times advance to finals)
- 6:00 Boys 300M Intermediate Hurdles (3 heats, heat winners & next 5 fastest times advance to finals)
- 6:15 Girls 800M Prelims (3 heats, heat winner & next 5 fastest times advance to finals)
- 6:35 Boys 800M Prelims (3 heats, heat winner & next 5 fastest times advance to finals)
- 6:50 Girls 200M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 7:00 Boys 200M Prelims (3 heats, heat winners & next 5 fastest times advance to finals)
- 7:10 Girls 3200 Finals (1 heat)
- 7:25 Boys 3200 Finals (1 heat)

### **Field Events Prelims and Finals (2 flights for prelims, 3 trials, 9 qualifiers for finals, 8 score)**

Boys Triple Jump      *Flight 1: 3:30-4:05      Flight 2: 4:20-4:55      Finals 5:10-5:40*

Girls Long Jump      *Flight 1: 3:30-4:05      Flight 2: 4:20-4:55      Finals 5:10-5:40*

Boys Shot Put      *Flight 1: 3:30-4:05      Flight 2: 4:20-4:55      Finals 5:10-5:40*

Girls Discus      *Flight 1: 4:00-4:35      Flight 2: 4:50-5:25      Finals 5:40-6:10*

Boys Pole Vault & Girls High Jump 3:30pm start time



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## Section 2AAA Track & Field - Day 2 Friday, May 30, 2025

*Coach's meeting: 2:30pm*

### **Running Events**

- 4:30 Girls 4x800M Relay
- 4:42 Boys 4x800M Relay
- 4:52 Girls 100M HH Final (Awards to immediately follow)
- 5:00 Boys 110 M HH Final (Awards to immediately follow)
- 5:05 Girls 100M Final (Awards to immediately follow)
- 5:08 Boys 100M Final (Awards to immediately follow)
- 5:15 Girls 4x200M Final (Awards to immediately follow)
- 5:20 Boys 4x200M Final (Awards to immediately follow)
- 5:25 Girls 1600 Finals (2 heats) (Awards to immediately follow)
- 5:35 Boys 1600 Finals (2 heats) (Awards to immediately follow)
- 5:45 Girls 4x100M Final (Awards to immediately follow)
- 5:50 Boys 4x100M Final (Awards to immediately follow)
- 6:00 Girls 400M Final (Awards to immediately follow)
- 6:05 Boys 400M Final (Awards to immediately follow)
- 6:15 Girls 300M Low Hurdles Final (Awards to immediately follow)
- 6:20 Boys 300M Intermediate Hurdles Final (Awards to immediately follow)
- 6:25 Girls 800M Final (Awards to immediately follow)
- 6:30 Boys 800M Final (Awards to immediately follow)
- 6:35 Girls 200M Final (Awards to immediately follow)
- 6:40 Boys 200M Final (Awards to immediately follow)
- \*Break to give remaining Awards
- 6:55 Girls 4x400 Final (Awards to immediately follow)
- 7:00 Boys 4x400 Final (Awards to immediately follow)
- 7:10 Trophy presentation to Championships teams & runner up teams

### **Field Events Prelims and Finals.** (2 flights for prelims, 3 trials, 9 qualifiers for finals, 8 score)

Girls Triple Jump & Boys Long Jump (Awards to immediately follow finals)

*Flight 1: 3:30-4:05 Flight 2: 4:20-4:55 Finals 5:10-5:40*

Girls Shot Put (Awards to immediately follow finals)

*Flight 1: 3:30-4:05 Flight 2: 4:20-4:55 Finals 5:10-5:40*

Boys Discus (Awards to immediately follow finals)

*Flight 1: 4:00-4:35 Flight 2: 4:50-5:25 Finals 5:40-6:10*

Girls Pole Vault & Boys High Jump 3:30pm start time



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## Coach & AD Contact Information:

Coach	School	Boys/Girls	Email	Cell
Jon Leverenz	Jefferson	Boys	jleveren@isd271.org	952-240-7404
Sean Faulk	Jefferson	Girls	sfaulk@isd271.org	952-484-8411
Nicholas Redman	Chanhassen	Boys	redmann@district112.org	507-456-8714
Jessica Matheson	Chanhassen	Girls	mathesonj@district112.org	952-484-4799
Nate Foss	Chaska	Boys	fossn@district112.org	612-220-5308
Jesse Longley	Chaska	Girls	longleyj@district112.org	952-797-3321
Zach Hanson	Eden Prairie	Boys	zachary_hanson@edenpr.k12.mn.us	612-280-7544
Paul Selman	Eden Prairie	Girls	nabo_selman@edenpr.k12.mn.us	630-217-2784
James Finch	Minnetonka	Boys	james.finch@minnetonkaschools.org	701-367-3576
Jane Reimer-Morgan	Minnetonka	Girls	jerm824@gmail.com	612-889-2456
Nick Seiler	Prior Lake	Boys	nseiler@plsas.org	507- 625-7252
Jummy Barlass	Prior Lake	Girls	jbarlass@plsas.org	651-246-5573
Zach Haskins	Shakopee	Boys	zhaskins@shakopee.k12.mn.us	763-807-7002
Zach Haskins	Shakopee	Girls	zhaskins@shakopee.k12.mn.us	763-807-7002
Matthew Montplaisir	Waconia	Boys	MatthewMontplaisir@traininghaus.com	763-647-8817
Kristin Weinzierl	Waconia	Girls	weinzierlk@district112.org	612-201-6702
Chad Nyberg	Jefferson	AD	cnyberg@isd271.org	
Mike Bailey	Chanhassen	AD	baileym@district112.org	
Anita Woodrow	Chaska	AD	woodrowa@district112.org	612-327-9220
Joe Perkl	Eden Prairie	AD	Joseph_Perkl@edenpr.k12.mn.us	
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Jeff Marshall	Prior Lake	AD	jmarshall@plsas.org	
Matt Hanson	Shakopee	AD	mhanson@shakopee.k12.mn.us	
Bucky Mieras	Waconia	AD	bmieras@isd110.org	



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