



# Shakopee Relays Meet Info

Thursday, April 17, 2025



**Teams:** Blaine (girls), Cambridge-Isanti (boys), Hopkins, Mankato East, Mankato West, Minnetonka, Prior Lake, Roseville (girls), St. Michael-Albertville, and Waconia.

**Location:** Shakopee West Junior High School. Please park in the North lot (school lot) or West lot.

**Team Area:** Teams should not set up inside the track, in the field events areas or on the West end of the stadium by the discus throw.

**Blocks and Batons:** Blocks will be furnished, each team will provide their own baton.

**Awards/Scoring:** Scoring 30 - 27 - 24 - 21 - 18 - 15 - 12 - 9 - 6 - 3. Winner of each event will receive a Shakopee Relay Champion drawstring bag.

**Food:** Concession stand will be open throughout the meet.

**Entrant Limits:** 3 athletes for field events 4 athletes for 1600, 100/110 hurdles and 300 hurdles. 1 Relay per school. **Entries are due by Wednesday 4/15 at noon. Seed times are only needed for the 300 hurdles.** All other events will have teams randomly assigned lanes.

**Timing & Scoring:** Entries and FAT timing by Fast Finish Results. Live results will be posted during the meet.

**Scoring:** Each school will enter **3 individuals for each field event relay**. The total for the 3 athletes will determine the place. Ties on the distance are left as ties, the points are split, and the event winner's drawstring bags will be determined by a coin toss. Entries will be submitted to Athletic.net. Josh Gerber from Wayzata Results will email you access to this.

**Jumps:** Before 3:30 anyone can warm up. Each athlete will have 4 jumps cafeteria style; the events start at 3:30 sharp and at 5:15 sharp.

**Pole Vault:** Girls and boys at the same time (2 pits) – Girls: 6', 7', 8'; 6" at a time after 8'. Boys- 7', 8', 9', 10', 11'; 6" at a time after 11'

**High Jump:** Girls and boys at the same time (2 pits) – Girls - 4', 4'3", 4'6"; 2" at a time after 4'6". Boys - Boys heights will be 5', 5'3", 5'6"; 2" at a time after 5'6"

**Long Jump:** Girls 3:30 - 5:00, Boys 5:15 - 6:45- 4 jumps cafeteria

**Triple Jump:** Boys 3:30 - 5:00, Girls 5:15 - 6:45- 4 jumps cafeteria

**Shot Put:** Girls First then Boys – 4 Throws

**Discus:** Boys First then Girls – 4 Throws

# Time Schedule

We will start at 3:30 and move along with a **rolling time schedule**. (Girls run first)

**3:00** Coaches meeting by the shed close to the 300m hurdle start line.

**3:30** All field events start

**3:30** 4x1600 (Brian Keyes Memorial) - 1 Turn Stagger (4 times added together)

High Hurdle Shuttle Relay - 2 Heats

4x100 - 2 Turn Stagger

4x800 - 1 Turn Stagger

Sprint Medley (2-2-4-8) - 2 Turn Stagger

300 IMH - 4 Heats (4 times added together)

Short Sprint Medley (1-1-2-4) - 2 Turn stagger

Distance Medley (12-4-8-16) - 1 Turn Stagger

4x200 - 4 Turn Stagger

4x400 - 3 Turn Stagger

Throwers 4x100 (no points) - 2 Turn Stagger

**Lane Assignments:** Will be sent out by Wayzata Results results prior to the start of the meet.

# Meet Procedures

## A. Clerk of Course:

Relay teams must report to the clerk of course ten minutes prior to the running of the event. This will correspond to the first call for the event by the meet announcer. The clerk will be located on the east end of the straight-away, except for the IMH relay, when he will be at the start of the IM hurdles.

## B. 4 X 1600 Meter Relay:

Each school must time their own 4 runners during the 4X1600 meter relay. The coach must then turn their 4 times in at the finish line with your total time. This will be used as backup for the timing system. You will receive a card to write down the athletes names, hand numbers and times. Remember to round up to the next highest tenth of a second. You must time from the finish line, not from the bleachers. Write your athletes names down and their time with your team's total time and turn it into the person at the finish line.

## C. Exchange Zones:

During the 4X100, 4X200, sprint medley, short sprint medley, and the throwers 4X100, **coaches from each school will judge lanes.** Set it up so no coach has to judge their own team. Be there early so everything runs smoothly. THANK YOU!

**First exchange**      Minnetonka – in charge  
                                    Waconia  
                                    Prior Lake

**Second exchange**    Shakopee – in charge  
                                    Hopkins  
                                    Mankato East  
                                    Blaine

**Third exchange**      Mankato West – in charge  
                                    Jordan  
                                    Roseville

## Exchange Zones

<b>4x1600 Meter Relay</b>	1 turn—green start – cut after the first turn at the green cut line.
<b>High Hurdle Shuttle</b>	girls – yellow & green / boys – blue & white Next hurdler cannot start until the incoming runner's chest has crossed the 4' line.
<b>4X100 Meter Relay</b>	2 turn – white start Exchanges – yellow – yellow - yellow
<b>4X800 Meter Relay</b>	1 turn—green start – cut after first turn at the green cut line Exchanges – green – green - green
<b>Sprint Medley (200-200-400-800)</b>	2 turn – white start Exchanges – yellow – green - green 400 runner cuts after receiving baton by start/finish line
<b>IMH Relay</b>	hurdles on red marks – add 4 times
<b>Sprint Short Medley (100-100-200-400)</b>	2 turn – white start exchanges – yellow – yellow - green 400 runner cuts after receiving baton by start/finish line
<b>Distance Medley (1200-400-800-1600)</b>	1 turn – green start Exchanges – green – green - green First runner cuts after first turn at the green cut line
<b>4X200 Meter Relay</b>	4 turn – red start Exchanges – red - red – yellow
<b>4X400 Meter Relay</b>	3 turn – blue start Exchanges – blue – green - green Second 400 runner cuts after the curve at the green cut line
<b>Throwers 4X100 Relay</b>	2 turn – white start Exchanges – yellow – yellow - yellow

# Shakopee Relay Records

## Boys Records

Relay	Team	Time or Distance	Year
4 X 1600	Hopkins	17:31.3	2015
High Hurdles	Mankato West	1:03.7	2010
4 X 100	Hopkins	41.79	2019
4 X 800	Lakeville	8:08.3	2005
Sprint Medley	Mounds View	3:36.7	2005
IM Hurdles	Burnsville	2:46.5	2005
Sprint Short Medley	Hopkins	1:34.6	2011
Distance Medley	Burnsville	10:42.3	2005
4 X 200	N. St. Paul/ Lakeville N	1:30.9	2005/2017
4 X 400	Hopkins	3:25.4	2010
Shot Put	Apple Valley	157'4"	1998
Discus	Burnsville	454'5"	2002
Long Jump	Burnsville	66'3.75"	2005
Triple Jump	Minnetonka	133'9"	2010
High Jump	Hopkins	18' 8"	2016
Pole Vault	Mankato West	37'6"	2010

**Champions:** Apple Valley 1995, Apple Valley 1996, Apple Valley 1997, Eden Prairie 1998, Apple Valley 1999, Mankato West 2000, Mankato West 2001, Burnsville 2002, Mankato West 2003, Mankato West 2004, Mounds View 2005, Hopkins 2006, Burnsville 2007, Burnsville 2008, Hopkins 2009, Eden Prairie 2010, Blaine/Hopkins 2011, Prior Lake 2012, Blaine 2014, Prior Lake 2015, Blaine 2016, Lakeville South 2017, Hopkins 2019, Minnetonka 2024

## Girls Records

Relay	Team	Time or Distance	Year
4 X 1600	Hopkins	21:22.6	2012
High Hurdles	Hopkins	1:05.6	2010
4 X 100	Hopkins	48.5	2011
4 X 800	Mankato West	9:35.8	2010
Sprint Medley	Shakopee	4:17.8	2017
IM Hurdles	Eden Prairie	3:16.4	2000
Sprint Short Medley	Bloom Kennedy	1:49.5	2016
Distance Medley	Shakopee	12:46.3	2012
4 X 200	Hopkins	1:42.4	2010
4 X 400	Hopkins	4:04.2	2010
Shot Put	Irondale	111'4"	2003
Discus	Apple Valley	348' 0"	2004
Long Jump	St. Michael Albertville	47'3.25"	2024
Triple Jump	Stillwater	100' 3.5"	2005
High Jump	Hopkins	15'0"	2008
Pole Vault	St. Michael Albertville	28' 7"	2024

**Champions:** Shakopee 1995, Shakopee 1996, Apple Valley 1997, Apple Valley 1998, Mounds View 1999, Eden Prairie 2000, Burnsville 2001, Shakopee 2002, Shakopee 2003, Apple Valley 2004, Mounds View 2005, Stillwater 2006, Hopkins 2007, Hopkins 2008, Hopkins 2009, Hopkins 2010, Hopkins 2011, Minnetonka 2012, Hopkins 2014, Shakopee 2015, Shakopee 2016, Wayzata 2017, Stillwater 2019, Minnetonka 2024