



IRONDALE HIGH SCHOOL
2425 LONG LAKE ROAD
NEW BRIGHTON, MN 55112
(651) 621-6800

Irondale Track and Field Meet

Tuesday, May 18th, 2021

Teams: East Ridge, Woodbury, Roseville, Park of Cottage Grove, and Irondale

Important Start Times

3:00pm – Coaches Meeting

3:30pm – Field Events

4:00pm – Running Events

Entries

Unlimited

Schedule of Events

Field Events – 3:30PM

In field events that can be flighted (Shot put, Discus, Long Jump, and Triple Jump), flights have been made up of one school at a time. Designated times have been identified below.

In field events that are not flighted (High Jump and Pole Vault) each school's competitors shall compete in successive order at each height. The order of the schools has been identified below.

Long Jump (4 attempts per competitor, NO FINALS)

- 3:30 PM – Irondale
- 4:00 PM – Roseville
- 4:30 PM – Park of Cottage Grove
- 5:00 PM – Woodbury
- 5:50 PM – East Ridge

Triple Jump (4 attempts per competitor, NO FINALS)

- 3:30 PM – East Ridge
- 4:00 PM – Irondale
- 4:30 PM – Roseville
- 5:00 PM – Park of Cottage Grove
- 5:30 PM – Woodbury

High Jump (3 attempts/height per competitor)

- Boys Starting Height – 5'0", then up by 2"
- Order of Schools per Height:

- Park of Cottage Grove
- Woodbury
- Irondale
- East Ridge
- Roseville

Pole Vault (3 attempts/height per competitor)

- Boys Starting Height – 7’0”, then up by 6”
- Order of Schools per Height:
 - Park of Cottage Grove
 - Woodbury
 - Irondale
 - East Ridge
 - Roseville

Shot Put (4 attempts per competitor, NO FINALS)

- 3:30 PM – Woodbury
- 4:00 PM – East Ridge
- 4:30 PM – Irondale
- 5:00 PM – Roseville
- 5:30 PM – Park of Cottage Grove

Discus (4 attempts per competitor, NO FINALS)

- 3:30 PM – Park of Cottage Grove
- 4:00 PM – Woodbury
- 4:30 PM – East Ridge
- 5:00 PM – Irondale
- 5:30 PM – Roseville

Running Events - 4pm

4 x 800 Meter Relay (1Heat)

100 Hurdles

100 Meter Dash

4 x 200 Meter Relay

1600 Meter Run (1 Heat)

4 x 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run (1 heat)

200 Meter Dash

3200 Meter Run (1 Heat)

4 x 400 Meter Relay

Important Meet Information

- Concessions will NOT be available.
- If there is inclement weather, athletic directors and coaches will be notified by noon of meet cancellation.
- Limit 4 entries per event.
- 8-lane polyurethane track. For 100m and 100H, we will only be utilizing Lane 1, 3, 5, and 7. All other races utilize a staggered start and allow for adequate distancing between competitors at the start line.
- ¼ inch pyramid spikes only (No Pins)!
- No tape on track, non-adhesive markers only.
- Bring your own relay batons.
- School and Locker Rooms are off limits, Outside Satellite restrooms available. Each team has been assigned one (1) Outside Satellite restroom, as designated on the attached Stadium diagram.
- Per MSHSL Guidelines, contests with 4 or more teams will have a COVID Coordinator.

Clerk of Course

This will be located on the South end of the Stadium. Athletes should be prepared to move on a rolling schedule. Athletes should check in by second call for their events at the latest.

Meet Workers

The Irondale Track and Field Team and Irondale High School staff will be working the meet.

Relay Exchange Duties

4X200 Meter Relay

- 1st and 3rd Exchanges – Park of Cottage Grove, Roseville
- 2nd Exchange – Irondale, Official

4X100 Meter Relay

- 1st Exchange – Irondale
- 2nd Exchange – Woodbury
- 3rd Exchange – East Ridge

Results

Results will be emailed out ASAP following the conclusion of the meet.

- Results will be posted within the Stadium periodically throughout the meet. Location to be identified at the Coaches Meeting on the day of the meet.