



White Bear Lake Area High School Athletics

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BOYS VARSITY | TRACK & FIELD | THURSDAY, APRIL 22, 2021 | Do Not Arrive at WBLAHS before 2:30pm

Mounds View | Park | Roseville | Woodbury

Coaches Meeting @ 3:00pm | Field Events @ 3:30pm | Running Events @ 4:00pm

BUSES

- Drop athletes at the southwest corner of the school via the main parking lot (Due to construction)
- Bus parking is available in the southwest corner of the parking lot

PARKING

- Parking is available for athletes, coaches and spectators in the main parking lot in the front of the building

SPECTATORS

- There will be a maximum capacity of 400 spectators admitted on a first come, first served basis
- Contact tracing completed through electronic form using QR Reader

PARTICIPANTS

- 5 Entries per event per school
- Maximum of 2 relay teams per relay per school
- 50 total participants per school

MEET INFORMATION

- Limited Concessions
- If there is inclement weather, ADs and coaches will be notified by 1pm.
- All visiting teams will need to shelter on buses should there be inclement weather during the meet

TEAM INFORMATION

- Electronic Timing
- Athletes will need to provide their number to the Clerk of Course and/or the Field Event Worker
- The turf is used for warm up purposes only.
Teams will be spaced every 20 yards, starting at the east end of the field in the following order
 - White Bear Lake
 - Woodbury
 - Roseville
 - Park
 - Mounds View
- Teams will be assigned specific portable satellites for bathroom use located on the East and West ends of the stadium
- Team Camps will be located in the visitor bleachers (North Side of the Stadium) and aligned with assigned field warm up locations.

VERTICAL JUMPS STARTING @ 3:30pm

High Jump: Opening height 5' and then up by 2" from that point (Confirmed at Coaches Meeting)

Pole Vault: Opening height 7' and 8' and then up 6" from that point (Confirmed at Coaches Meeting)

HORIZONTAL JUMPS and THROWS STARTING @ 3:30pm

- 4 Jumps/Throws per Participant Max.
- Do not arrive before your assigned time
- Warm ups done within your time
- Get as many throws/jumps as possible in 30 min.

Time	Long Jump	Triple Jump	Shot Put	Discus
3:30-4:00	WBL	WOOD	PARK	ROSE
4:00-4:30	MV	PARK	WBL	WOOD
4:30-5:00	ROSE	WBL	MV	PARK
5:00-5:30	WOOD	MV	ROSE	WBL
5:30-6:00	PARK	ROSE	WOOD	MV

RUNNING EVENTS STARTING @ 4:00pm

5 Entries Per Team | 2 Relays Per School

Clerking will take place in the West End zone

A cone will be labeled for each team.

Athletes will stand socially distanced behind each cone fastest to slowest

4 x 800 Relay

100 or 110 High Hurdles

100 Dash

4 x 200 Relay

1600 Run

4 x 100 Relay

400 Dash

300 Hurdles

800 Run

200 Dash

3200 Run

4 x 400 Relay