



# STILLWATER AREA HIGH SCHOOL | ATHLETICS

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## BOYS VARSITY | TRACK & FIELD | THURSDAY, APRIL 15, 2021 | **Do Not Arrive at SAHS before 2:30 PM**

Cretin-Derham Hall | East Ridge | Stillwater | White Bear Lake | Woodbury  
Coaches Meeting @ 3:00 PM | Field Events @ 3:30 PM | Running Events @ 4:00 PM

### BUSES

- Drop athletes in front of Door 11W. (PAC Entrance located near Pony Stadium)
- Parking is available in the main lot in front of the building.

### PARKING

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

### SPECTATORS

- Limit of one spectator per participating athlete.
- The venue will be closed to spectators once we reach 250.

### PARTICIPANTS

- 4 Entries per event per school.
- Maximum of 2 relay teams per relay per school.

### MEET INFORMATION

- No Concessions
- If there is inclement weather, athletic directors and coaches will be notified by noon of meet cancellation.

### TEAM INFORMATION

- Hand held timing.
- Athletes will need to provide their athlete number to the Clerk of Course and/or the Field Event Worker.
- Turf is used for warm up purposes only. Teams will be spaced every 20 yards, starting at the north end of the field in the following order:
  - Cretin-Derham Hall
  - Woodbury
  - White Bear Lake
  - East Ridge
- Teams will be assigned specific stalls in the restrooms located in the building at the north end of the stadium.
- Team Camps are located in the visitor bleachers (east side of stadium) aligned with assigned field warm up locations.
- COVID SPECIFIC INFORMATION MSHSL Guidelines can be found here: <https://www.mshsl.org/sites/default/files/2021-03/mshsl-track-and-field-guidance-and-information-1.pdf>

### VERTICAL JUMPS STARTING @ 3:30 PM

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

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

### HORIZONTAL JUMPS STARTING @ 3:30 PM THROWS STARTING AT 3:30 PM

- 3 Jumps per Participant
- 4 Throws per Participant
- Do not arrive before your assigned time.

Time	Long Jump	Triple Jump	Shot Put	Discus
<b>3:30 – 4:05 PM</b>	CDH	ER	ER	STW
<b>4:05 – 4:40 PM</b>	WB	WBL	WB	WBL
<b>4:45 – 5:20 PM</b>	STW	WB	CDH	ER
<b>5:20 – 5:55 PM</b>	ER	CDH	WBL	WB
<b>5:55 – 6:30 PM</b>	WBL	STW	STW	CDH

### RUNNING EVENTS STARTING @ 4:00 PM

4 Entries Per Team | 2 Relays Per School  
Clerking will take place in the Northwest corner of the end zone by the High Jump Area.

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**