

True Team State Alternative
Thursday May 27, 2021 – Rosemount High School

Track Events

2:30	4X800 Relay	(1 section)
2:50	110M HH	(5 sections)
3:10	100M	(5 sections)
3:30	4X200 Relay	(1 section)
3:40	1600M	(2 sections)
4:00	4X100 Relay	(1 section)
4:10	400M	(5 sections)
4:35	300M IM	(5 sections)
4:55	800M	(3 sections)
5:15	200M	(5 sections)
5:35	3200M	(1 section)
5:55	4X400 Relay	(1 section)

Field Events

1:30 High Jump
1:30 – 3:00 Long Jump
1:30 Shot Put
2:00 Pole Vault
3:30 – 5:00 Triple Jump (runways open at 3:00 for warm-ups)
3:30 Boys Discus Throw

*No calls will be made for clerking as we will stay on the posted time schedule. Athletes should report to the clerk under the white tent **15 minutes prior** to the posted start time.*

- Shot and Discus – four flights, 4 throws per athlete. Discus distances will be rounded to the lesser inch with no fractions. Shot put distances will be rounded to the lesser ¼ inch. Throws coaches will communicate a day prior to the meet to gather marks and seed flights.
- Pole Vault- Boys pole vault heights will be: 8-0, 9-0, 9-6, 10-0, 10-6, 11-0, 11-6, 12-0, 12-6, 13-0, 13-6, 14-0. High Jump- Boys heights will be 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-2, 6-4, 6-6. Long and Triple Jump – cafeteria style, 4 jumps per athlete. Distances will be rounded to the lesser ¼ inch
- Horizontal jumps will utilize 2 side-by-side runways and pits
 - Blaine, Eden Prairie, Hopkins, Mounds View will be on the **East Runway**
 - Prior Lake, Rosemount, Stillwater, Wayzata will be on the **West Runway**

Team Camps: Are to be located outside of the competitive areas. Prime locations would include the football practice fields to the west of the track, on top of the hill on the visitor side bleachers side of the stadium, or anywhere on the bowl hillside surrounding the track.

Teams Competing: Blaine, Eden Prairie, Hopkins, Mounds View, Prior Lake, Rosemount, Stillwater, Wayzata

Track Layout: We will have a second FAT system on the backstretch if wind dictates switching 100 and 110HH.

Clerking: under the white tent on the scoreboard end of the infield

Entries: Rosters will be downloaded from Athletic.net

Teams are allowed up to 5 competitors/event

3 will be used for True Team scoring

Competitor Numbers: Please use the rosters provided via email in the next couple of days. Numbers should be written neatly on top of the athletes right hand with the permanent markers.

Timing: Fast Finish Results will time and score. Live results will be available throughout at www.fastfinishresults.com.

Admission- Free! We want as many people as possible to enjoy this track meet.

Athletes will be allowed to warm-up on the infield.

Team Responsibilities: Rosemount will provide clerks and adult officials for all events. 2 student workers from each school would be helpful – or a parent if they want prime viewing opportunities.

Mounds View: two student workers for the horizontal jumps.

Scoring

We will utilize True Team scoring for this meet

1st place = 24, down to 1

Relay Events:

- 1st place: 32 points
- 2nd place: 28 points
- 3rd place: 24 points
- 4th place: 20 points
- 5th place: 16 points
- 6th place: 12 points
- 7th place: 8 points
- 8th place: 4 points