

10th ANNUAL MINNESOTA STATE UNIVERSITY – MANKATO VARSITY SHOWCASE MEET



HOSTED BY MINNESOTA STATE UNIVERSITY – MANKATO



Saturday, March 29th, 2025

- ELIGIBILITY:** Open to ALL High School teams that meet the entry requirements. Team scores will be kept.
- WEBSITE:** The official meet website can be found under the “HS Track Meets” tab at www.msumavericks.com
- ENTRY INFORMATION:** **Online:** Athletic.net – Hero’s Timing
Questions regarding the meet: christopher.parno@mnsu.edu
Entries Open: Tuesday March 18th, 2025, at noon
Entry Deadline: Tuesday, March 25th, 2025, at 8:00pm
Add/Scratch Period: Wed, March 26th Noon - Thurs. March 27th 8:00pm
- ENTRY LIMITS:** **Qualifying Standards:** Refer to the qualifying standards located on the meet website or on page 4 of this document. Please ensure that all athletes either meet or exceed these standards based on previous indoor/outdoor marks.
- Entry limits in certain events will be enforced if needed to ensure quality & timeliness of meet.
- Relay Entries:** Schools may enter 1 relay team. Please enter relay members and their order during online registration. Individuals need not be in an individual event for relay entry to be accepted.
- ENTRY FEE:** \$250 per gender. \$50 dollars per individual athletes up to the team payment total per gender. **NOTE:** entry fees must be paid prior to or at the coaches meeting. Athletes will not be allowed to compete unless fee is paid prior to this time. There will be an online option through athletic.net, or checks can be paid to the following address.
- Checks made payable to “**Minnesota State Mankato Track and Field**” and mailed to:
- C/O: Jen Blue**
135 Myers Field House
Mankato, MN 56001
- PERFORMANCE LIST:** **NEW THIS YEAR...**an initial performance list will be emailed to the coaching staffs on **Wednesday March 26th, 2025 by noon.** Coaches will have until **8:00pm on Thursday March 27th, 2025,** to review the list for errors on your own team! Coaches will be able to log back in to their athletic.net account to make any changes (adds/scratches). Once this period ends, entries will be

accepted as is and will be seeded as such. THERE WILL BE NO CHANGES OR SUBSTITUTIONS ONCE THE PERIOD ENDS. We will go through final entries and ensure all marks are above the entry standards before making heat sheets.

- HEAT SHEETS:** Heat sheets will be posted on www.herostiming.com by **Noon on Friday, March 28th**
- COACHES MEETING:** Located under the rock wall in the southeast corner of the indoor facility. Coaches meeting will start promptly at the time listed on the final schedule. This area will also serve as the coach's hospitality room throughout the meet. There is a separate hospitality room for meet workers in the hallway north of the track, please only use this area under the rock wall where there will be food and beverages.
- TRACK:** The track is an 8-lane 200m track (all 8 lanes may be utilized) with 8 straightaway lanes for 60m dash. ¼ inch pyramid spikes will be allowed on MONDO surface. Results will be displayed on the video board directly after each race with paper copies posted out in the concourse area.
- CHECK IN:** Hip numbers will be located in the Southwest corner of the facility under the large MSU purple tent. Check-in/Clerking for each running event will take place at the start line of the specific event. Field event check-in will take place at the event area.
- TEAM AREA:** Team camp areas will be available in Taylor Center gym. No team camps will be allowed in the indoor track. Please make sure your athletes stay off the wood basketball court. Hurdles will be available for practice. Please do not remove hurdles from team area. **SPIKES ARE NOT ALLOWED IN TEAM AREA OR IN HALLWAYS.**
- SPIKES:** **¼ exposed pyramid and approved Christmas tree spikes!** There is a mandatory spike check when your athletes arrive to the track. Bring spikes to check-in tent to receive a zip tie. We have new Mondo Surface, and we will enforce spike checks.
- LONG JUMP:** Located inside the track. Distance from take off board to pit is 8 feet. Approach is up to 120 ft. Open cafeteria-style pit for each horizontal jump section (refer to schedule). From the time teams arrive up until 10:30am, the runway will be open for approaches. There will be a 15-minute window directly before the start of each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!** The painted measurements on the runway are accurate for long jump only. Measuring tapes will need to be pulled for triple jump approach measurements.
- TRIPLE JUMP:** Located inside the track. Take off boards will be 28' 32' 36' 41' (marked off by cones). Open cafeteria-style pit for 1:30 hours upon the start of the event. From the time teams arrive up until 10:15am, the runway will be open for approaches. There will be a 15-minute window directly before the start of

each horizontal jump for final run-throughs. **Please get marks and practice approaches completed upon arrival to facility!**

HIGH JUMP:

On the infield. We will be running 2 high jump pits. Once entries are accepted, we will split up fields to two different pits and set opening heights and progressions.

POLE VAULT:

Located on inside of the track. Approach is approximately 120 ft. We will send out progressions once the entry period is closed.

SHOT PUT:

Permanent throw ring is located on the infield on the north end of the facility. This will be only field event that has finals. Each athlete will get 3 preliminary throws with the top 9 from each gender advancing to finals.

LOCKER ROOMS:

There will be no locker room use, please have your athletes dressed and ready to go upon arrival!

AWARDS:

Awards will be given to the top 3 in each event (medals). The awards for each event will take place following the final of the event. Please inform your athletes to not leave the event area following the conclusion of the event. An "event staff" member will escort the top 3 individuals to the awards area. This year we will also award team title trophies for each gender!

TM

SPIKE REQUIREMENTS



Christmas Tree
1/8"
3/16"
1/4"



Approved Compression Spikes



Damaging Steel/Pin Spikes



Pyramid
1/8"
3/16"
1/4"



2025 Minnesota State Varsity Showcase Schedule



Running Events

Schedule Below (we will roll schedule no more than 15 minutes more than times below)

Girls will run first except 60m hurdle final

Fastest sections will be ran first in all events going around the track

Coaches Meeting	10:20am
National Anthem	10:55am
60m Hurdle Prelims	
60m Dash Prelims	
4x800m Relay	
60m Hurdle final (16 athlete - two heat final)	
60m Dash Finals (16 athlete - two heat final)	
Mile Run	
Officials Break	
400m Dash	
4x200m Relay	
800m Run	
3200m Run	
200m Dash	
4x400m Relay	
Team Awards	

Field Events

Shotput (3 throws and finals)	11:30am	(Boys first, girls to follow)
Triple Jump	10:30am	(Boys first, girls to follow)
High Jump	11:00am	(Boys first, girls to follow)
Pole Vault	11:00pm	(Girls first, boys to follow)
Long Jump	2:00pm	(Boys first, girls to follow)

****4 jumps in horizontals - NO FINALS - 10-15 minute open runway between events****

Boys Triple Jump	10:30am - 12:00pm (1:30 hours)
Girls Triple Jump	12:15pm - 1:45pm (1:30 hours)
Boys Long Jump	2:00pm - 3:30pm (1:30 hours)
Girls Long Jump	3:45pm - 5:15pm (1:30 hours)

PLEASE HAVE JUMPERS LAY OUT APPROACHES UPON ARRIVAL TO FACILITY



Minnesota State Varsity Showcase Meet Records



Girls

Event:	Mark	Name/School	Year
60	7.53	Jedah Caldwell - Chanhassen	2016
60h	8.88	Ava Fitzgerald - Rosevill	2022
200	25.13	Jedah Caldwell - Chanhassen	2016
400	59.27	Paige Halder - Byron	2023
800	2:18.60	Isabelle Schmitz - Hutchinson	2024
1600	5:01.08	Isabelle Schmitz - Hutchinson	2024
3200	10:13.28	Emily Covert - Mpls Washburn	2018
4x200	1:47.03	Hudson	2018
4x400	4:07.47	Bloom. Jefferson (Hayday, Fredrickson, Roach, Lind)	2017
4x800	9:37.96	Edina (kompelien, Mosborg, Mitchell, Sweeney)	2016
High Jump	5'6"	Caraline Slattery - Lakeville South / Paige Halder - Byron	2015, 2023
Long Jump	19'0.50"	Michaela Baker - Robbinsdale Armstrong	2016
Triple Jump	40'5"	Michaela Baker - Robbinsdale Armstrong	2016
Shot Put	45'1.50"	Alexandria Hurst - Robbinsdale Armstrong	2017
Pole Vault	12'0"	Jayda Wilson - Roseville	2024

Top 4 Team Totals:

Men:

Elk River	93 (2017)
Stillwater	87 (2023)
WBL	77 (2022)
Stillwater	75 (2022)

Women:

Hudson	100 (2018)
Stillwater	87 (2023)
Edina	82 (2019)
Forest Lake	81 (2018)

Boys

Event:	Mark	Name/School	Year
60	6.92	Marquez Clerveaux - Rice Lake	2019
60 WC	11.40	Devin Filzen - Winona	2024
60h	8.36	Caden Turner - Waconia	2017
200	22.12	Marquez Clerveaux - Rice Lake	2019
200 WC	31.27	Devin Filzen - Winona	2024
400	48.75	Qai Hussey - Spirit Lake	2022
400 WC	1:00.29	Devin Filzen - Winona	2024
800	1:56.28	Justin Hyytinen - Farmington	2015
1600	4:14.50	Blake Burnstad - Onalaska	2024
3200	9:20.83	William Just - Washburn	2024
4x200	1:32.88	Eagan	2015
4x400	3:29.05	East Ridge (Gramer, Seiffert, Ceulemans, Haskins)	2017
4x800	8:14.65	White Bear Lake (Benitex, Rohlinger, Callahan, Truen)	2016
High Jump	6'10"	Noah Cvetnic - Chaska	2019
Long Jump	23'1"	Josh Prater - Chaska	2016
Triple Jump	45'5.75"	Isaiah Nelson - Hutchinson	2017
Shot Put	54'00"	Pat Kasl - Forest Lake	2016
Shot Put WC	21'3"	Devin Filzen - Winona	2024
Pole Vault	15'1"	Hayden Bergman - Hudson	2024

High Point Scorers

Men:

C. Udalla	26 (2017)
D. Clerveaux	24 (2019)
B. Klompke	24 (2016)
M. Clerveaux	20 (2019)
D.Filzen*	40 (2024)

Women:

P. Halder	29.25 (2023)
M. Baker	25 (2017)
S. Naranjo Mata	24 (2019)
A. Fitzgerald	23.5 (2022)

** Wheelchair record

Maverick Corporate Partners – Food

Field House Address: 135 Myers Field House, Mankato MN 56001



Domino's – 507-625-7711.



Weggys – 507-720-6633



Pub 500 – 507-625-6500



Costanza's – 507-304-7010



The Flask 507-720-0896



Dunkin Donuts – 507-720-6197



Dino's Pizza – 507-385-3466



Ummies – 507-625-8277



The Number 4 – 507-344-1444



Tav on the Ave – 507-345-3308



Pizza Ranch – 507-386-7077

Maverick Corporate Partner – Hotels



AmericInn Hotel (.3 Miles)

240 Stadium Rd. Mankato, MN 56001
(507) 345-8011



Courtyard Mankato (4.0 Miles)

901 Raintree Rd. Mankato, MN 56001
(507) 388-1234



Hilton Garden Inn (2.0 Miles)

20 Civic Center Plaza Mankato, MN 56001
(507) 344-1111