



**5<sup>th</sup> Annual MINNESOTA STATE RELAY Championships**  
**HOSTED BY MINNESOTA STATE UNIVERSITY – MANKATO**  
**Thursday April 2nd, 2026**



- ELIGIBILITY:** Open to ALL High School teams. Team scores will be kept.
- WEBSITE:** The official meet website can be found under the “HS Track Meets” tab at [www.msumavericks.com](http://www.msumavericks.com)
- ENTRY INFORMATION:** **Online:** Athletic.net – Hero’s Timing  
**Questions regarding the meet:** [christopher.parno@mnsu.edu](mailto:christopher.parno@mnsu.edu)  
**Entries Open:** [Wednesday March 25<sup>th</sup>, at 8:00am](#)  
**Entry Deadline:** [Thursday April 2<sup>nd</sup>, at 9:00am](#)
- ENTRY LIMITS:** **Qualifying Procedures:** Each school may enter ONE relay team (4 total athletes) per relay (per gender) for events that use a baton. Field events will be capped at 4 per school (per gender), with a 3 person per school per gender cap in the long jump events and 2 athletes per gender in the pole vault events. Straight away sprints 60m/60h are capped at 4 athletes per team per gender. The 4xmile will be ran individually in heats without a baton and cumulative time will be added for placing. Athlete performances will be added together for a cumulative total for results. Placing will be based off cumulative “relay team” total.
- ENTRY FEE:** \$300 per gender. \$50 dollars per individual athletes up to the team payment total per gender. **NEW THIS YEAR...**the only payment option for this year’s showcase is through athletic.net.
- PERFORMANCE LIST:** **NEW THIS YEAR.** We extended the entry period to Wednesday April 1<sup>st</sup> at 9:00am. With the later deadline, please ensure you have updated all your entries by that time. Once heat sheets are done, we are locked in! For all relay events ran with a baton, you will only need to enter one athletes’ name with the entry time as athletic.net only requires one name. This will allow you to swap around names/orders and not require changes within athletic.net.
- Pole vault** will be limited to 2 entries, and the starting heights and progressions will be more aggressive to allow for a timely competition.
- HEAT SHEETS:** Heat sheets will be posted on [www.herostiming.com](http://www.herostiming.com) by **10:00am on Thursday.**
- 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/Christmas tree spikes will be allowed on MONDO surface.
- CHECK IN:** Hip numbers will be in the Southwest corner of the facility under the large MSU purple tent. Athletes in event that start and finish in the same lane (60m/60mh, 200m), will not need hip numbers. 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.
- 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). **Please get marks and practice approaches completed upon arrival to facility!** The painted measurements on the runway are accurate for long jump.
- 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. Progressions will be set based on number of entries. **Helmets are required for schools attending and competing in the pole vault.**
- 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 4 total throws. The cumulative total of your “relay team” of 4 athletes will be used for results.
- 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 relay teams in each event. 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 relay to the awards area. There will be team title trophies for the 1<sup>st</sup> and 2<sup>nd</sup> place teams on each gender.

# SPIKE REQUIREMENTS



**2026 Minnesota State RELAY CHAMPIONSHIPS**



**Running Events**

# **Maverick Corporate Partners – Food**

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