

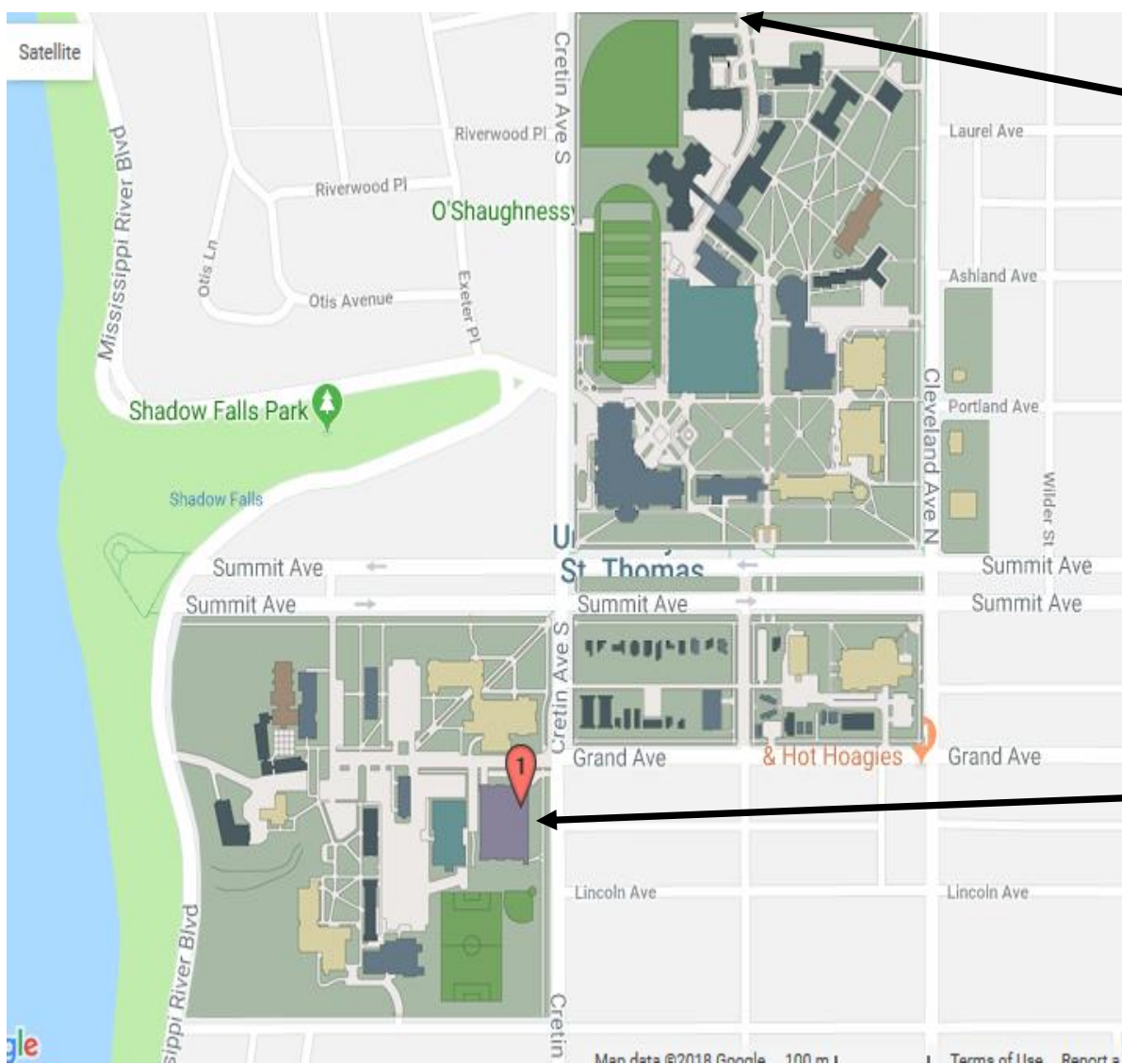
# Section 3AA Track and Field Championship

University of St. Thomas, St. Paul, MN  
May 29 and 31, 2018

## Meet Director

Pete Wareham, pjwareham@stthomas.edu, 612-600-7968 (cell)

## Directions and Parking



**Team drop off**  
**is at the Selbly and Finn entrance on the north side of campus. Teams can exit bus in front of Flynn Residence in the bus turn around area. There is no parking of buses on campus.**

**Spectator Parking**  
**is available in the Anderson Parking Ramp located on Cretin and Grand Avenues (1)**

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## **Teams**

Academy of Holy Angels

Apple Valley High School

Bloomington Jefferson High School

Bloomington Kennedy High School

Burnsville High School

Eagan High School

East Ridge High School

Eastview High School

Henry Sibley High School

Park High School

Prior Lake High School

Richfield High School

Simley High School

South Saint Paul High School

St. Thomas Academy - boys

Woodbury High School

Visitation – girls

## **Additional Meet Information and Website**

[www.advantagetiming.com](http://www.advantagetiming.com)

# 2018 Meet Schedule

(Tentative as of 3/27/18)

## Tuesday, May 29

### Inspection

12:30-1:30 Shot and Discus  
12:30 Pole Vault  
1:00 LJ/TJ meeting @ venue  
1:15 Coaches Meeting 1:50 National Anthem

### FIELD EVENTS

2:00 Long Jump Girls Flts + Final  
2:00 Triple Jump Boys Flts + Final  
2:00 Pole Vault Boys Final  
2:00 High Jump Girls Final  
2:00 Shot Put Boys Flts + Final  
4:30 Discus Girls Flts + Final

### RUNNING EVENTS

3:00 PM 100 M Hurdles Girls Prelim Heats  
3:20 110 M Hurdles Boys Prelim Heats  
3:40 100 M Dash Girls Prelim Heats  
3:55 100 M Dash Boys Prelim Heats  
4:10 400 M Dash Girls Prelim Heats  
4:30 400 M Dash Boys Prelim Heats  
4:55 300 M Hurdles Girls Prelim Heats  
5:10 300 M Hurdles Boys Prelim Heats  
5:30 800 M Run Girls Prelim Heats  
5:50 800 M Run Boys Prelim Heats  
6:10 200 M Dash Girls Prelim Heats  
6:30 200 M Dash Boys Prelim Heats  
6:50 3200 M Run Girls 2 Section Final  
7:15 3200 M Run Boys 2 Section Final

### Awards

□ Field Judges to walk athletes to awards stand

immediately after the completion of the event

□ 100m awards Thursday after 200m

□ 3200m awards Thursday after 1600m

## Thursday, May 31

### Inspection

1:30-2:30 Shot and Discus  
1:30 Pole Vault  
2:00 LJ/TJ Meeting @ venue  
2:15 Coaches Meeting  
2:50 National Anthem

### FIELD EVENTS

3:00 Long Jump Boys Flts + Final  
3:00 Triple Jump Girls Flts + Final  
3:00 Pole Vault Girls Final  
3:00 High Jump Boys Final  
3:00 Shot Put Girls Flts + Final  
5:30 Discus Boys Flts + Final

### RUNNING EVENTS

4:00 PM 4x800M Relay Girls 1 Section Final  
4:15 4x800 M Relay Boys 1 Section Final  
4:45 100 M Hurdles Girls Final  
4:55 110 M Hurdles Boys Final  
5:05 100 M Dash Girls Final  
5:10 100 M Dash Boys Final  
5:20 4x200 M Relay Girls 2 Section Final  
5:35 4x200 M Relay Boys 2 Section Final  
5:55 1600 M Run Girls Final  
6:05 1600 M Run Boys Final  
6:20 4x100 M Relay Girls 2 Section Final  
6:30 4x100 M Relay Boys 2 Section Final  
6:40 400 M Dash Girls Final  
6:45 400 M Dash Boys Final  
6:50 300 M Hurdles Girls Final  
7:00 300 M Hurdles Boys Final  
7:10 800 M Run Girls Final  
7:20 800 M Run Boys Final  
7:30 200 M Dash Girls Final  
7:40 200 M Dash Boys Final

Team Scores through 17 Event Announced

8:00 4x400 M Relay Girls 2 Section Final  
8:12 4x400 M Relay Boys 2 Section Final

Team Awards

# Entry Procedures

**Entry deadline is Sunday, May 27 at noon.** Entry procedures will be provided per MSHSL instructions.

IMPORTANT: After making entries coaches will not receive confirmation of their entries from Section 3AA. It is expected that coaches follow MSHSL instructions and Section 3AA deadlines. It is highly recommended that coaches double check their entries for accuracy.

No changes or additions can be made after the accepted entries are posted.

Accepted entries will be posted at [www.advantagetiming.com](http://www.advantagetiming.com) as early as noon on May 27 and no later than 8am on Monday, May 28. Once posted no changes will be allowed.

Each team is allowed to enter 2 athletes per event and all entries must follow MSHSL/NFHS rules.

In past years the section has allowed for teams to submit a third athlete to an event. It was advised that coaches should use discretion when doing this with the understanding that this possibility should really be reserved for high level athletes only. It is not meant to be used for simply submitting an athlete just to get them into the meet. The challenge with allowing for doing this is that one coach's discretion doesn't always match the discretion of another coach. This process has led to some inconsistencies where one coach might basically say "what the heck, might as well enter as many as I can" while other coaches follow the intended more restricted approach.

If a third athlete is entered in a particular event the following are the suggested guidelines:

- 1) The third athlete should have a performance that is equal to or better than the average of the 8<sup>th</sup> place finisher over the last 5 years of Section 3AA Championship in the event. Or the third athlete is one who is likely to score in the top 8 of the section meet.

Here are the suggested guidelines for the 2018 section meet if you are entering a third athlete in an event. These are the average of 8<sup>th</sup> place in the section over the last 5 years.

	100	200	400	800	1600	3200	100h	300h	sp	dt	hj	pv	lj	tj
girls	13.07	27.35	1:01.76	2:25.74	5:26.36	11:49.18	16.80	48.99	11.75	103-4	4-11.25	8-5.50	16-2.50	06.75
boys	11.42	23.21	53.52	2:03.22	4:37.78	10:07.53	16.45	42.83	45-9.75	136-0	5-10.75	11-1	20-1	40-8.25

# Advancement

## **AUTOMATIC QUALIFIERS**

Each Section will advance **two (2)** contestants in each individual event and **two (2)** teams in each relay event to the State Meet.

In case of a tie, the individual contestant or relay team entitled to advance **MUST** be determined at the section meet.

## QUALIFYING BY STANDARD

In addition, a contestant or relay team will qualify by Standard to the state meet when their performance in the **section finals** surpasses or equals the established standard.

### TO QUALIFY BY STANDARD IN RUNNING EVENTS:

Fully automatic timing (FAT) devices must be used at the section meet to qualify entries by standard. DAKTRONICS OR OTHER SEMI-AUTOMATIC TIMING DEVICES DO NOT MEET THIS REQUIREMENT.

If a F.A.T. malfunction occurs use the conversion procedure on the form provided, "Fully Automatic Timing Malfunction". Be sure to complete the online form on the League's website.

The performance must have been run in the FINAL RACE.

A wind gauge must be used in the required events.

**Wind-aided** performances **MAY NOT qualify** by standard, in the 100-meter high hurdles, 110-meter high hurdles, 200-meter dash, 100-meter dash, long jump and triple jump. Wind aided is a wind reading of greater than 4.0 m/s.

### TO QUALIFY BY STANDARD IN FIELD EVENT

In the throws and horizontal jump events, competitors shall be credited with their best performance regardless of whether it occurs in prelims or finals, provided the prelims and finals are held on the same day, at the same site.

## BREAKING TIES

Ties involving advancement to the State Meet must be broken if the qualifying standard has not been met and the number of competitors tied causes the section allotment of qualifiers to be exceeded.

For running events the FAT Operator shall break ties by using the 1/1000<sup>th</sup> second resolution to determine the rightful placeholder. In the event that the FAT operator cannot resolve the proper placeholder a runoff will be conducted.

For field events a throw off or jump off may be required in the event that the established NFHS tie breaking procedures do not resolve the proper placeholder. From a Section Meet scoring perspective ties for lower places are scored in accordance with standard NFHS procedures.

# State Meet Standards

## GIRLS AA 2018

100m	0:12.54
200m	0:25.39
400m	0:57.41
800m	2:15.36
1600m	5:01.07
3200m	10:47.78
100m H	0:14.97
300m H	0:44.80
4x100m	0:49.27

4x200m	1:43.67
4x400m	3:58.40
4x800m	9:21.78
HJ	5'5"
PV	11'0"
LJ	17'5"
TJ	36'11"
SP	41'4"
DT	130'5"

## BOYS AA 2018

100m	0:11.03
200m	0:22.21
400m	0:49.46
800m	1:56.03
1600m	4:17.43
3200m	9:14.71
110m H	0:14.87
300m H	0:39.21
4x100m	0:43.14
4x200m	1:29.42
4x400m	3:23.52
4x800m	7:58.62
HJ	6'4"
PV	13'9"
LJ	21'11"
TJ	44'9"
SP	55'0"
DT	158'1"

## General Information

### WEBSITE

Section 3AA has established the following web site for meet information and posting of heat sheets and results:

[www.advantagetiming.com](http://www.advantagetiming.com)

### WORKERS

1. Each school is to provide three (3) workers per day.
2. Workers are to **check in at the north end of the press box 30 minutes prior** to the start of their event or the beginning of their task. All three workers should check-in together to receive instructions at the same time.
3. This form to be completed prior to the meet via an email sign-up process.

A supplemental document with assignments will be created and provided to coaches the week prior to the championships

## **SCORING**

Scoring through eighth place as follows: 10-8-6-5-4-3-2-1

## **AWARDS**

Team Trophy To be awarded to the first and second place teams

Individual Medals To be awarded to 1-8 place finishers in all events.

The top eight place finishers should report to the awards area in their school uniform.

## **LOCKER ROOMS**

No locker rooms will be available within the stadium or adjacent athletic building.

## **WARM-UP**

Track Infield: Within flagged area only on the infield. No warm ups on the outdoor track.

## **RUNNING SURFACE**

8-lane, 400 meter all-weather polyurethane track.

## **STARTING BLOCKS**

Blocks will be provided. Schools using stand-up (Moye) blocks are asked to provide their own.

## **RESULTS**

All results will be posted after each event underneath the stadium on the designated bulletin board.

Complete results (including all heat and flight results) will be provided to each head coach in a timely fashion at the conclusion of each day of competition. Results will also be posted on section web site.

## **TRAINER / EMERGENCY**

A certified athletic trainer will be on site. All on site emergencies should first be directed to campus security at 651-962-5100.

## **SEVERE WEATHER**

Decisions regarding the mandatory suspension of the meet due to severe weather (in case of lighting, etc.) will be made by on site medical staff and safety personnel. Decisions regarding potential suspension of the meet due to non-mandatory conditions (severe rain, etc.) will be made by the Referee(s) and the Meet Director.

the meet. The purpose of the meeting is to report scratches, hand in relay cards, introduce officials, review meet information and make specific announcements related to the meet. ALL head coaches are responsible for the information given at the meetings. Please refer to the meet schedule for exact times.

## **CLERKING AREA**

Athletes are to report to the Clerk of Course to check in and receive their hip numbers. The clerking station will be set up outside the track closest to the common start and finish line.

## **BATONS**

Batons will be provided for all relay teams.

## **SPIKES**

1/8", 3/4" or 3/16" pyramid spikes may be worn.

## **ABSOLUTELY NO PIN SPIKES WILL BE PERMITTED.**

**SPIKES SHAPED LIKE CHRISTMAS TREES OR SPIRALS ARE NOT ACCEPTABLE IN THE SECTION Or STATE MEETS.**

Clerk of Course will check spikes during the meet.

## **RELAY CARDS**

Relay cards with relay personnel shall be submitted to the Meet Director or the press box.

## **MARKINGS**

All markings for the long jump, triple, jump and pole vault must be on the side of the runway. Athletes are asked to remove their tape at the completion of their event.

## **INSPECTION**

Implement inspection will take place under the stadium at the north end. Please refer to the meet schedule for inspection times. The assigned officials will mark those that are legal and impound those which do not meet the proper specifications.

## **DISQUALIFICATION**

Upon disqualification, the Referee will inform the coach or participant involved. Protests should be made in writing no later than 30 minutes after the results have been announced or made official.

## **PROTESTS**

Protests should be made in writing in accordance with the NFHS rule book no later than 30 minutes after the results have been announced or made official. All protest should be turned into the press box.

## **2018 JURY OF APPEALS**

A Jury of Appeals will settle all disputes which arise during the meet. If a committee member's school is directly involved in the dispute, that school(s) will not participate in the final decision process resolving the dispute. The Jury of Appeals will consist of the **Meet Manager, Assistant Meet Manager**, and the coaches of the listed schools below.

Boys 1)South St. Paul., 2)Eagan, 3)Park Alternate: East Ridge, STA

Girls 1)South St. Paul 2)Eagan 3)Park Alternate: East Ridge, Visitation

## **POLE VAULT**

Legal pole vault poles must have the manufacturer's pole rating in a minimum of  $\frac{3}{4}$  - inch marking in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum  $\frac{3}{4}$  - inch marking in contrasting color on each pole. (NFHS Rule 7-5-3) Coaches may no longer re-mark a pole in the top handhold position from an etching or serial number; however, may apply a label provided by the manufacturer. The pole vault pole manufacturer Altius is not providing replacement labels for pole vault poles. Schools who own Altius poles where the marking is above the top handhold position but the contrasting color has worn off may contact the Minnesota State High School League to have the pole inspected at which time a decision will be rendered on the legality of the pole. Please contact the League if you have an Altius pole that is in this condition. **At no time shall an official or coach remark a pole.** All other requests for replacement labels must go through the manufacturer of the pole.

## **ELECTRONIC DEVICES**



At all Sub-section and Section Meets and at the State Meet, i-pods, cell phones and all other electronic devices will not be allowed in competitive or restricted areas. This includes all field event venues, the track, clerk tent, awards area and medical tent. Please inform your athletes that this rule will be enforced at all Sub-Section and Section events as well as at the State Meet.

### Creation of Flights, Heats and Sections

Event	Rounds	Advancement	Stagger	Preferred Lanes: 8 lane tack
100 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
100 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
110 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners + next 3	Lanes	4,5,3,6,2,7,1,8
200 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	1 turn stagger in lanes	4,5,3,6,2,7,1,8
300 H	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	1 turn stagger in lanes	4,5,3,6,2,7,1,8
400 M	Prelim + Final	If 4 Hts: Winners+next 4 fastest. If 5 Hts: Winners+next 3	2 turn stagger in lanes	4,5,3,6,2,7,1,8
800 M	Prelim	3 prelim heats: Top 2 in each Ht + next 6 fastest	1 turn stagger	* See below
800 M	Final	Top 12 Qualifiers	1 turn stagger	* See below
* 800m Prelims: 12 or greater per heat . Natural breaks used to determine actual number per heat.				
** 800m Finals: Preferred lane priority goes first to heat winners followed by top qualifying times. Additional participants placed on the scratch line.				
1600 M	2 Section Final	Top 12 in Section 2 (natural breaks may extend beyond 12)	1 turn stagger	2 seeded alleys
3200 M	2 Section Final	Top 12 in Section 2 (natural breaks may extend beyond 12)	1 turn stagger	2 seeded alleys
4 x 100	2 Section Final	Top 8 in Section 2	2 turn stagger in lanes	4,5,3,6,2,7,1,8
4 x 200	2 Section Final	Top 8 in Section 2	4 turn stagger in lanes	4,5,3,6,2,7,1,8
4 x 400	2 Section Final	Top 8 in Section 2	3 turn stagger	4,5,3,6,2,7,1,8
4 x 800	2 Section Final	Top 8 in Section 2	1 turn stagger	Seeded alleys

**Preferred Lanes for Final:** Preferred lane priority goes first to prelim heat winners followed by top qualifying times.

**Lane usage:** If 7 competitors: Use lanes 2-8. If 6 competitors: Use lanes 3-8. If 5 competitors: Use lanes 3-7. If 4 competitors: Use lanes 4-7. If 3 competitors: Use lanes 4-6.

### **Additional Information**

**Alterations:** Lane assignments will not be altered after they have been drawn and reviewed by the Seed/Games Committee.

**No competition:** If heats scratch down to provide no competition, they shall be redrawn.

**Breaking Ties:** Events under 800 meters requires a run-off to determine the last qualifier. Events 800m and over will expand the field or run two sections in the final by time (no run-off needed).

**Relay Entries:** To be declared the day of competition. Completed Relay Cards are to be turned in at the coaches meeting or to the Clerk of Course prior the running of the relay.

Event	Rounds	Trials	Advancement	Finals
LONG JUMP	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
TRIPLE JUMP	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
DISCUS	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
SHOT	Trials + Final	Up to 5 flights: Seeded worst to best	Top 9	Reverse order: 9,8,7,6,5,4,3,2,1
* Best flights with full fields				
HIGH JUMP	1 Flight Final			Seeded worst to best
POLE VAULT	1 Flight Final			Seeded worst to best

**PROGRESSIONS:** Opening heights will be determined at the coaches meeting. Below is offered as a proposal. Adjusting opening heights from what is listed, in order to progress and arrive at a state standard, can supersede what's listed if agreed on at the coaches meeting.

2018 State Standards: High Jump: Girls 5'5", Boys 6'4". Pole Vault: Girls 11'0", Boys 13'9"

Event	Warm-up	Opening	Increments
BOYS HIGH JUMP	-	5'6"	2" until 5 or fewer remain 1" thereafter

GIRLS HIGH JUMP - 4'6" 2" until 5 or fewer remain 1" thereafter

BOYS POLE VAULT - 10'6" Next increment increases by 1 foot 11'6". 6" until 5 or fewer remain - 3" thereafter

GIRLS POLE VAULT - 7'6" Next increment increases by 1 foot 8'6". 6" until 5 or fewer remain - 3" thereafter

\* Vertical jumps will move indoors if inclement weather poses a safety concern.

\*\* Opening heights may change due to inclement weather at the discretion of the Games Committee

## Section 3AA Track & Field Championship Records

### Boys Records

Event	Name	School	Record	Year
100m dash	Sam Zenner	Eagan	10.55	2015
200m dash	Jerry Burch	Cretin-DH	21.22	1998
400m Dash	Leron Norton	Eastview	48.45	2015
800m Dash	Dan Knapmiller	St. Paul Central	1:53.01	2001
1600m Run	Rob Finnerty	Burnsville	4:06.49	2008
3200m Run	Rob Finnerty	Burnsville	9:00.94	2008
110m High Hurdles	Rilwan Alowonle	Park	13.95	2012
300m Int. Hurdles	Rilwan Alowonle	Park	36.76	2012
Long Jump	B.J. Otto	Hill-Murray	24-0.25	2007
Triple Jump	Tyrone Minor	St. Paul Central	48-2	1989
High Jump	Frank Veldman	Eastview	6-11	2011
Pole Vault	Shawn Francis	Hastings	14-7	2004
Shot Put	Payton Otterdahl	Rosemount	59-8	2014
Discus	Mike Edmundson	Park	178-5	1989
4 x 100m Relay	Jorh Brown, Dallas Krech Troy Brown, Sam Zenner	Eagan	41.76	2015
4 x 200m Relay	Josh Brown, Joseph Williams Troy Brown, Sam Zenner	Eagan	1:27.43	2015
4 x 400m Relay		Woodbury	3:19.02	2004
4 x 800m Relay		Stillwater	7:50.63	2004

### Girls Records

Event	Name	School	Record	Year
100m Dash	Kylie Peterson	Apple Valley	11.81	2008
200m Dash	Sade Pollard	Harding	24.70	2006
400m Dash	Honour Finley	Bloom. Kennedy	55.13	2015
800m Dash	Kelli Praska	Eagan	2:13.26	2015
1600m Run	Taylor School	Prior Lake	5:00.31	2012
3200m Run	Danielle Anderson	Eagan	10:45.13	2012
100m Hurdles	Karina Joiner	East Ridge	14.16	2015
300m Hurdles	Natalie Windels	Eagan	42.91	2017
Long Jump	Amanda Beckman	Eastview	19-1	2010
Triple Jump	Melita Ware	Eastview	38-06	2013
High Jump	Robyn Hackbarth Madison Scholl	Kellogg Prior Lake	5-6 5-6	1986 2014
Pole Vault	Hannah Linder	Apple Valley	11-07.25	2012
Shot Put	Natalie Manders	Eastview	42-7.5	2016
Discus	Kasie Vollmer	Prior Lake	160-10	2014
4 x 100m Relay	Megan Maki, Jaryn Pipkins Chanel Miller, Taylor Browning	Apple Valley	47.53	2011
4 x 200m Relay		Woodbury	1:42.02	2005
4 x 400m Relay	Natalie Windels, Olivia Mitchell, Kelli Praska, Maddie Gourley	Eagan	3:56.88	2015
4 x 800m Relay	Lind, Hayday, Longley, Roach	Jefferson	9:21.77	2016

**SCHOOL:**

<b>BOYS</b>	
<b>4 X 800</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 200</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 100</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 400</b>	
1	
2	
3	
4	
A1	
A2	

<b>GIRLS</b>	
<b>4 X 800</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 200</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 100</b>	
1	
2	
3	
4	
A1	
A2	
<b>4 X 400</b>	
1	
2	
3	
4	
A1	
A2	

## **Section 3AA Relay Card**