

MCAA Conference Track & Field Meet

Tuesday, May 15, 2018

3:30 pm Hastings High School



2018 Participants:

Lester Prairie

Legacy Christian Academy

New Life Academy

SW Christian

Spectrum High School

St. Croix Prep

Trinity School at River Ridge

West Lutheran

The meet will use automatic timing and scoring.

- All entries must be made through www.wayzataresults.com Search the schedule on wayzataresults.com for the MCAA Conference Meet held on May 15. This is a seeded meet. **The deadline for entries is May 13 at 8:00 pm.**
- Three entries per school in individual events. One entry per school in relays.
- Finals only in all events. Combined heat times will determine the finish order of the event.
- The top two competitors in each individual event will be given All Conference awards.
- The third competitor in individual events will be recognized as AC Honorable Mention.
- The top relay team will be All Conference. Second place will be AC Honorable Mention.
- The top scoring team for the boys and for the girls will be awarded a championship trophy.
- There will be a coaches meeting at 3:00 pm. The first events will start promptly at 3:30 pm.
- Results and awards will be available at the end of the meet.
- We will need all teams to be responsible for either one field event area or help as assigned. Event assignments will be given before the meet.
- Girls before boys in each event (unless otherwise indicated).

Order of Events:

4 x 800 meter relay (G/B – may be run together)

100 Hurdles (G)

110 Hurdles (B)

100 meter dash (G/B)

4 x 200 meter relay (G/B)

1600 meter run (G/B)

4 x 100 meter relay (G/B)

400 meter dash (G/B)

300 meter hurdles (G/B)

800 meter run (G/B)

200 meter dash (G/B)

3200 meter run (G/B – may be run together)

4x 400 meter relay (G/B)

Shot Put (G/B)

Discus (B/G)

LJ (G/B)

TJ (B/G)

HJ (B/G) Girls start at 3-10" and boys at 4'-8"

Pole Vault (G/B) Girls start at 6' and boys at 7'

Work Assignments:

Please bring the equipment and helpers that you need to conduct your assigned event.

Clerk: Spectrum
Back up Timing: Spectrum
Trainer: Spectrum
Announcer: Spectrum
Tickets: St. Croix Prep
Programs: Spectrum
High Jump: (B/G) SW Christian
Long Jump: (G/B) Legacy Christian
Triple Jump: (B/G) Lester Prairie
Discus: (B/G) Spectrum
Shot Put: (G/B) St. Croix Prep
Pole Vault (G/B): Trinity
Exchange Zone: #1 Lester Prairie and St, Croix Prep
Exchange Zone: #2 SW Christian and West Lutheran
Exchange Zone: #3 New Life and Trinity

Starter: Greg Utecht, Theresa Utecht
Meet Manager: Rick Peterson
Rules Committee Trinity, St. Croix Prep, SW Christian

For More Information:

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