

APRIL 18 TECH TRIANGULAR MEET

TEAMS: Little Falls, Mora, St. Cloud Tech

LOCATION: St. Cloud South Junior High School (1120 15th Ave South)

TIME: 3:30 Coaches' Meeting, 4:00 Field Events, 4:15 Running Events

EVENTS: (Standard High School Order)

FIELD EVENTS:

4:00 = Boys' High Jump, Boys' Discus, Boys' Triple Jump, Girls' Long Jump, Girls Pole Vault, Girls Shot Put

5:30 = (SWITCH)

RUNNING EVENTS:

4:15= Girls 4X800 Meter Relay
Boys 4X800 Meter Relay
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 4X200 Meter Relay
Boys 4X200 Meter Relay
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 4X100 Meter Relay
Boys 4X100 Meter Relay
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Hurdles
Boys 300 Meter Hurdles
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 4X400 Meter Relay
Boys 4X400 Meter Relay

ENTRIES: Unlimited entries. Only three individuals per team and one relay may score points.

ROSTERS: Please e-mail your Hy-Tek rosters to John Telega by Friday, April 21st. If your rosters have not changed much from the CLC indoor just e-mail updated additions.

MEET NOTES:

- Camps must be made OUTSIDE the track area
- We have very limited seating-spectators may want to bring portable chairs to sit on
- Long Jump, Triple Jump, Shot Put, and Discus athletes will receive 4 attempts to be completed with the given time slot of 1 hour, 15 minutes from the listed start time
- Starting heights for High Jump will be 4' and 5'
- Starting height for girls' Pole Vault will be 6'0" (Then up by 1 foot until 8' 0" and up by 6" thereafter)
- Starting height for boys' Pole Vault will be 8'0" (Then up by 1 foot until 10'0" and up by 6" thereafter)
- Please have all athletes write their Hy-Tek roster numbers on their LEFT hand in permanent marker
- Scoring for Individual events is 5-4-3-2-1 and relays 5-4-3-2-1
- If you have questions, please contact BriAnne Zauhar at (320) 685-5442 or John Telega at (320) 492-7282.