

# Tech Tiger Triangular

**Date:** Tuesday, April 26, 2005

**Time:** 3:30 Coaches meeting

4:00 Field events 4:15 Running

**Location:** South Junior High 1120 15<sup>th</sup> Ave So.

**Teams:** Alex, Sartell, and Tech

**Events:** Standard High School Order

**Entries:** Unlimited except for 2 teams per school in the 4x100 and 4x200 relay

Only three individuals per team and one relay may score team points

**Hy-Tek Roster:** Please email a roster from your hytek program to [john.telega@isd742.org](mailto:john.telega@isd742.org) 2 days before the meet. Using the CLC format

**Results:** Will be posted On the R.V. with complete results available in the R.V. hopefully shortly after the conclusion of the meet.

## Note:

Camps should be setup outside of the track.

**Running Events:** Fastest runners should be placed in the first heats. Preferred lanes will be randomly drawn. Staging area will be located at the north end of the track 1/4 in. spikes or less only. Athletes will be asked to help set up and take down hurdles.

**Relay zone judges:** Zone 1 Alex, Zone 3 Sartell, Zone 2 and any finish line area-  
Tech

**Field Events:** There will be 4 jumps & throws with no finals. **Sign in ASAP**

\*Girls Long Jump and Boys Triple Jump will be run cafeteria style. All jumps must be completed by 5:30 pm or sooner so we can switch and go from 5:45 until 7:15.

\*Starting heights will be 5'2" & 4' 2"for (high jump run at the same time in 2 pits).  
Girls Pole Vault will start at 5', 6', 7', 8' then 6" at a time, Boys 8', 9', 10', 11' then 6" at a time.

\*Girls Shot put and Boys discus first & will be run in flights.

**Scoring:** Ind: 5-3-2-1 Relays 5-3

**Numbers:** Your athlete will be given a CLC team number by writing it on the back of their hand. It should be readable as they extend it towards a meet official

**Requests:** Please do not lean or sit on hurdles or porta-pits, Keep team camps off the infield, and please try to keep the facility clean before, during, and after the meet. Thank you.

If you have any questions please contact, John Telega at 320-251-1233 or [john.telega@isd742.org](mailto:john.telega@isd742.org)