



New Prague High School  
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### 3<sup>rd</sup> ANNUAL NEW PRAGUE TROJAN INVITATIONAL TRACK MEET

**Trojan Track Complex**

**Saturday, May 5, 2012 Beginning at 10:00 am**

**Boys Teams:** Cristo Rey Jesuit School; FAIR School; Irondale; Minneapolis South; New Prague; New Prague JV; St. Croix Preparatory Academy; St. Louis Park; St. Paul Como Park. (9 Teams)

**Girls Teams:** Cristo Rey Jesuit School; FAIR School; Irondale; Minneapolis South; New Prague; New Prague JV; St. Croix Preparatory Academy; St. Louis Park; St. Paul Como Park. (9 Teams)

**Fee:** \$150 /gender; \$200 if both genders are competing.

**Concessions:** Concession stand will be open throughout the day. We ask that each school be responsible for “policing” their camp area at the conclusion of the meet. Garbage bags will be provided to each school to assist with this process. Thanks in advance!

**General Info:**

- Please stay off the infield unless you are warming up for an event (**NO TEAM CAMPS ON INFIELD!**)
  - Please remind your athletes to stay out of the Elementary School!
- Please park buses in the New Prague High School Parking lot (North of 12<sup>th</sup> Street NE).
- Our track is a 9 lane all-weather surface. **Participants may use no longer than ¼ inch pyramid spikes on this surface. This will be enforced!**
- *Each team will be allowed three (3) entries per individual event and one (1) relay team. We will be taking your rosters off of the MSHSL website and assigning each athlete a number. On Thursday, May 3, each school will then be given a list of your participant numbers. It will be up to each school to make sure that the appropriate numbers are written on the hands of your athletes. Please make sure your rosters are updated on the MSHSL website by May 3rd!*
  - ♣ **We will be using the “True Team” Scoring System for each event. The following point values will be used:**
    - Individual Events:
      - 1<sup>st</sup> Place = 27 Points; 2<sup>nd</sup> Place = 26 Points ... 27<sup>th</sup> Place = 1 Point.
    - Relays:
      - 1<sup>st</sup> Place = 36; 2<sup>nd</sup> Place = 32; 28; 24; 20; 16; 12; 8; & 4 Points.
  - ❖ *We will also be using the “FinishLynx” F.A.T. system and will do the scoring using Hy-Tek software. Each school will be given a copy of the results immediately following the conclusion of the meet.*
- **Running Events:** 2 heats will be run in each event that runs in the same lane throughout the entire race (i.e. 100; 200; 110 Hurdles; 300 Hurdles; & 400) with the first heat being the “fast” heat. Lane rotation will be established and e-mailed to each head coach by Thursday, May 3<sup>rd</sup>, so that copies can be made and given to your athletes.

- **Shot Put and Discus:** These events will be “flighted” into two flights. The first flight will include the top thrower from each team and the second flight will include the #2 & #3 throwers for each team. Each athlete will get 4 (four) throws per event.
- **Long Jump and Triple Jump** will be run cafeteria style for both genders. Each athlete will get four (4) jumps. (We have two resillite runways so one will be long jump only and the other will be triple jump only.) **\*\*See attached order of events.**
- Starting height of **Pole Vault** and **High Jump** will be as follows: (“Three-alive” format)
  - Pole Vault** – Girls = 6’6” (move up 6” to 7’6” ; 3” to 10’0”)  
Boys = 9’0” (move up 6” to 11’0” ; 3” to 12’6”)
  - High Jump** - Girls = 4’0” (move up 3” to 4’6” ; 2” to 4’10” ; 1” after 4’10”)  
Boys = 4’9” (move up 3” to 5’3” ; 2” to 5’7” ; 1” after 5’7”)
  - THESE STARTING HEIGHTS CAN BE ADJUSTED!
- Calls will be given before each event. Final calls will be approximately five (5) minutes before each event. **(Running events take priority over field events.) Coaches: Tell your athletes not to leave their field event until they hear 2<sup>nd</sup> call for their running event.**

**Meet Official:** Mr. Gerry Smith

**Points:** “True Team” Scoring Method explained above.

### Trojan Invitational Order of Events:

**Field Events: (10:00 am)**

**(First)**

Shot Put (G)  
Discus (B)  
Pole Vault (B)  
High Jump (G)  
Long Jump (B)  
Triple Jump (G)

**(Second)**

Shot Put (B)  
Discus (G)  
Pole Vault (G)  
High Jump (B)  
Long Jump (G)  
Triple Jump (B)

**Running Events: (10:30 am)**

4 X 800 Relay (G – B) – Red Start.  
100 M High Hurdles (G) – Yellow Dot Placement.  
110 M High Hurdles (B) – Blue Dot Placement.  
100 M Dash (G – B)  
4 X 200 Relay (G – B) – 4 Stagger - Red Start.  
Exchange Zones: Red = 1-2; Red = 2-3; Yellow = 3-4.  
1600 M Run (G – B)  
4 X 100 Relay (G – B) – 2 Stagger – Yellow Exchange Zone; Yellow Start.  
400 M Dash (G – B) – 2 Stagger – Yellow Start.  
300 M Low Hurdles (G) – Red Start – White Dot Placement.  
300 M Intermediate Hurdles (B) – Yellow Start – White Dot Placement.  
800 M Run (G – B) – 1 Curve Stagger – White Start.  
200 M Dash (G – B)  
3200 M Run (G – B) – Red Start.  
4 X 400 Relay (G – B) – Blue Start.