

**Redwood Valley Track and Field
Indoor meet**

Thursday, March 26, 2013

Workers meeting at 3:30

Coaches meeting at 3:40

Field Events at 4:00

Running events after the Long Jump-approximately 4:30

Meet information:

Teams: St. James, Canby, YME

Entries: 4 per event, only 1 relay team per event. 6 Shot people-4 scored

Events: Girls followed by boys

Long jump starts at 4:00

4x800 Relay

Long jump-cafeteria style(3 jumps)

60M Hurdles

Girls high jump followed by boys

60M Dash

Heights determined by coaches

4x200 Relay

Boys shot followed by girls(4 throws)

1600M run

Pole vault at the same time starting at

400M dash

5' for the girls-boys at 6'

800M run

200M dash

4x400M Relay

Facility: 200 meter 4 lane indoor track-we will use the gym as a site for team camps. **NO SPIKES.** Very limited locker room facilities.

Schedule: We will maintain a rolling time schedule, please listen for calls and report on time. All races will be staged in the NW corner of the facility. Athletes must check in by second call

Uniforms: Uniform rule will be enforced-jewelry rule also-no part of uniform should be removed except shoes in the field house

Team camps: In the gym-no Frisbee, football, hackey sack, etc. Each team is responsible for valuables and cleaning up the camp area.

Awards: None

Scoring: Individuals-8/6/4/3/2/1 Relays-6/6/4/2

Meet Mgr.: You should receive an excel form that you should complete and return to us Monday, March 25. Our fax is 5076443057. Make sure you have rosters on the MSHSL web site as well. Any changes after that should be emailed to Andrew Ourada at aourada@redwood.mntm.org