

SECTION 3A TRUE TEAM

MAY 6, 2024

Dear Coach:

The teams participating in the meet are: Adrian/Ellsworth, Canby-Minneota, Hills-Beaver Creek, Heron Lake-Okabena-Fulda, Lakeview, Luverne, Murray County Central, Pipestone, Redwood Valley, Southwest Minnesota Christian-Edgerton, Tracy-Millroy-Balaton, Westbrook-Walnut Grove-Red Rock Central, and Windom.

We anticipate a very exciting, competitive meet. Here is some general information:

1. You should have received an invitation on Athletic.net to the Section 3A True Team Meet. This is where you will enter your rosters. These are roster spots only as you can place your athletes in any combination of events based on the Minnesota High School League limitation of events. A contestant may participate in a total of 4 events (track and field) but not in excess of 3 track OR field events in arriving at a combination of 4. If a contestant participates in 3 track events, only 2 events may be 800 meters or longer. These rosters will be in turn sent to Tom Ahlberg our meet timer & scorer. **ENTRIES ARE DUE BY 11:30 AM, TUESDAY, APRIL 30TH.**
2. The meet scoring with 13 teams will be as follows: for individual events 26-25-24... and for relays 39-36-33... Scoring for adaptive athletes will be number of athletes in the adaptive event down to one (ex. If 3 kids are in the shotput scoring would be 3-2-1)
3. Awards: Team Trophies are given to the Championship Teams and ribbons to the top 3 places, with the 1st place teams advancing automatically to the State True Team Meet. Teams finishing in places 2-5 will be entered in the paper Wild Card Meet from which the top 4 teams from all 8 sections will earn wild card berths to the State Meet.
4. Lane assignments, heats and flights will be randomly assigned by Tom Ahlberg the meet timer and scorer.
5. Competitors will be assigned a competitor number that will be recorded at each field event, the start of each relay, and at the finish line of each individual event. This is how the athletes will get entered in the results. **Competitor numbers will be sent out prior to the meet and should be written on the right hand. Please print clearly and underline the number to hopefully avoid any discrepancies in the results.**
6. All heats and flights will be scored against one another.
7. Shot and discus throwers, long and triple jumpers will get 4 attempts. There will not be finals.
8. 1/4" pyramid spikes or shorter will be allowed on all track and field surfaces. We have cement rings for the throws.
9. No camps will be allowed on the infield. The infield can be used as a warm-up area only. Please keep any balls, frisbees, etc outside the track and competition area.

10. I am pleased and proud to announce that we will supply the workers for all events. Our hope is that this takes a burden off of your plate for trying to supply worker(s) or you yourself having to work an event.
11. Concessions will be available.
12. Bus Parking - Please park buses along the north fence by the pole vault/long jump area or back buses up on the west end of our parking lot.

Any questions, contact:

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SECTION 3A TRUE TEAM

COACHES MEETING: 3:00 (Please be prompt so that we can get to coaching our kids 😊)

FIELD EVENTS: 3:30 B/Discus (followed by) G/Discus
G/Shot Put B/Shot Put
B/Long Jump G/Long Jump
G/High Jump B/High Jump
B/Pole Vault G/Pole Vault
G/Triple Jump B/Triple Jump

RUNNING EVENTS: 5:00 Girls 3200 Relay
Boys 3200 Relay
Girls 100 Hurdles
Boys 110 Hurdles
Girls 100 Dash
Boys 100 Dash
Girls 800 Relay
Boys 800 Relay
Girls 1600 Run
Boys 1600 Run
Girls 400 Relay
Boys 400 Relay
Girls 400 Dash
Boys 400 Dash
Girls 300 Hurdles
Boys 300 Hurdles
Girls 800 Run
Boys 800 Run
Girls 200 Dash
Boys 200 Dash
Girls 3200 Run
Boys 3200 Run
Girls 1600 Relay
Boys 1600 Relay

* Scores will be read periodically throughout the meet

** Awards will be available for pickup immediately following the last event.