Date: Tuesday May 9

Back-up Date: Thursday, May 11

Time: 12:30 coaches meeting (In shed by baseball field) 1:00 field events, 1:45 Running events (Please be here early so all can start on time)

Teams: Rushford-Peterson/Houston, Zumbrota-Mazeppa, Wabasha-Kellogg, Hayfield, Blooming Prairie, Medford, Lewiston-Altura, Chatfield, Lanesboro/Fillmore Central, Pine Island, Schaeffer Academy, Winona Cotter, Triton, Lake City, Dover Eyota, Kenyon-Wanamingo, St. Charles

True Team Format: Each team is allowed 2 individuals per event and 1 relay. Only 2 events/relay legs of 800 or more are allowed. Minnesota State High School rules apply. You do not need to send entries in advance. For a full history and explanation of the true team concept go to the track coach’s association web site. Once there look for the true team button. The web site is at mshsca.org/track/index.htm look at general information and FAQ’s

Athletes Numbers: Please write your athletes number on the top of their left hand in black permanent marker. Athletes will need to report their number to the clerk of course and field event workers.

Admission: Adults $6.00 Students $4.00

Restrictions: We ask that only athletes and coaches be on the infield. (Please stay out of meet workers way.) However, we only want high jump competitors by the high jump area. Athletes should enter from the east gate (by the long jump). We ask that no one enter the gate facing the baseball field once the meet has begun. No athletes in the press box. Camps are to be located outside the track along the west fence or between press box and baseball field. No camps in the bleachers. Please do not put any tape on the back runways or high jump pad. Chalk will be provided.
**Surface:** The 8 lane track, runways, and approaches are urethane-bonded rubber. Only 3/16” pyramid spikes are allowed. The shot and discus rings are concrete.

**Bus Parking:** We ask that the bus drop off athletes at main gate and park in the grass area next to the tennis courts. (If this changes we will let you know)

**Trainer:** Mariah Sendelbach from Winona Health will be available for injuries.

**Staging Area:** The staging area is on the east end of the straightway. (Near field events)

**Implement weigh in:** Shots and discs will be weighed in on the east side of the press box. Please go to the east side of the press box. (It is facing the discus area).

**Timing:** Eagle Eye FAT timing will be used. (Timers and pickers will be used as back-up)

**T-shirts:** Section true team t-shirts will be sold as long as supplies last. The cost is $15.00

**Coaches Hospitality:** We are planning on having water and snack available (while they last) for coaches on the second floor of the press box.

**Games Committee:** Gary Wade, Kevin Werk, Meribeth Kozlowski, Matt Northrop, Bruce Huber

**Awards:** Trophies for boys and girls Champion. Ribbons for 1-3 boys and girls.