

GOPHER CLASSIC INDOOR TRACK & FIELD MEET

Presented by: University of Minnesota Men's & Women's Track & Field
 Friday, March 24 & Saturday, March 25

GIRLS TEAMS

BOYS TEAMS

<p>Session I Friday, March 24 4:00 – 7:30</p>	<p>Buffalo Minnetonka Rogers Two Rivers Spring Lake Park St. Cloud Apollo St. Louis Park Bloomington Kennedy DeLaSalle Blaine Roseville Area Cambridge-Isanti</p>	<p>Buffalo Minnetonka Rogers Two Rivers Spring Lake Park St. Cloud Apollo St. Louis Park Bloomington Kennedy DeLaSalle Blaine Prior Lake Bloomington Jefferson</p>
<p>Session II Saturday, March 25 9:00 – 12:30</p>	<p>Minneapolis Washburn St. Paul Highland Park Minnehaha Academy Chaska St. Paul Washington Tech St. Paul Humboldt St. Paul Central Rochester JM Hopkins Wayzata Prior Lake</p>	<p>Minneapolis Washburn St. Paul Highland Park Minnehaha Academy Chaska St. Paul Washington Tech St. Paul Humboldt St. Paul Central Rochester JM Hopkins Cambridge-Isanti</p>
<p>Session III Saturday, March 25 1:30 – 5:00</p>	<p>Lanesboro/Fillmore Central/M-C South Ridge Andover St. Paul Harding Rockford Mpls. Southwest Academy of Holy Angels Osceola, WI Irondale</p>	<p>Lanesboro/Fillmore Central/M-C South Ridge Andover St. Paul Harding Rockford Mpls. Southwest Academy of Holy Angels Osceola, WI Irondale</p>

Field Events: Please bring indoor implements!

<p>Shot Put & Discus</p>	<p>Girls – 90 minutes of Shot Put, switch to Discus net for 90 minutes. UNLIMITED THROWS Boys – 90 minutes of Discus net, switch to Shot Put for 90 minutes. UNLIMITED THROWS Twenty minute warm-up period during switch over.</p>
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Long/Triple Jump	Long Jump – boys pit and girls pit, run simultaneously for 90 minutes. UNLIMITED JUMPS Triple Jump – boys pit and girls pit, run simultaneously for 90 minutes. UNLIMITED JUMPS Twenty minute warm-up period during switch over.
High Jump	Girls – 4 ft. opening height with 2” increments. 90 minutes of competition. Boys – 5 ft. opening height with 2” increments. Follow girls (20 min. warm-up)
Pole Vault	Boys – 8 ft. opening height with 6” increments. 90 minutes of competition. Girls – 6 ft. opening height with 6” increments. Follow boys (20 min. warm-up)

Running Events: Each session will be on a rolling time schedule. Please advise your athletes to report to the clerk on the **first call**. All events will be Girls followed by Boys.

4x800 Relay	one section	1600m Run	one section
60m High Hurdles	two/three sections (9 lanes)	400m Dash	three/four sections (no blocks)
60m Dash	two/tree sections (9 lanes)	800m Run	two/three sections
4 x 200 Relay	one/two section(s)	JV 1600	one section (3 entries/team)
JV 4 x 200 Relay	one/two section(s)	4x400	one/two section(s)

G O P H E R C L A S S I C I N D O O R T R A C K & F I E L D M E E T

General Information

Coaches:

With each session, please arrive one hour before your competition begins and enter the Fieldhouse along University Avenue. Proceed to the east end (turf) of the Fieldhouse and set up your camps along the outside walls to allow for warm-up on the inside. Please, no gum, sunflower seeds or other foods are permitted on the turf. Please advise your parents and fans to use the bleachers along the straightaway or in the northwest corner for viewing the shot put and pole vault. Fans will not be allowed on the turf area or along the north wall. Coaches will meet 30 minutes before each session.

Each team is permitted (3) entries/individual event and (1) relay. For safety purposes, the JV mile will be limited to (3) entries. Please do not send entries!

A reminder that this is a time trial and by MSHSL rule, no school issued uniforms are permitted and it will be hand held time. Please encourage your athletes to wear clothing which identifies your school so our fans will recognize the competitors. All fans are admitted free!

Athletes must report at **first call** for their event to the bleachers marked “Race Instructions”. For all events requiring more than one section, the fast section shall run first. Athletes will be clerked as Section 1, 2, 3, 4, 5 or 6. Please advise your athletes in advance of the section they should run.

Athletes are not allowed to use **any** electronics in the area of competition! All electronic devices must stay at your team camp or in the bleachers. All types of watches are legal.

Each athlete will receive a hand-held time. Coaches are responsible for getting times from their athletes. The varsity and JV 1600 split and final times will be read at the finish and coaches will be responsible for timing their own athletes. Please help with counting laps for your athletes.

A warm-up time will be allotted 30 minutes prior to each session. **For liability reasons and per MSHSL rule, please** make sure a coach is present at the field event areas during warm-ups. Helmets are required during warm-ups at the pole vault.

Track surface is Beynon 2000; ¼" inch pyramid spikes are allowable.

All fair marks in the jumps and throws will be measured and announced. Coaches are responsible for getting performance data from their athletes.

Concessions (voted best hot dog in the Big Ten), t-shirts and special wrist bands will be on sale in the lobby.

Buses:

Drop off and pick up on University Ave. at the Fieldhouse. Buses will be asked to park along 6th St. between 23rd Ave. and 25th Ave. (between the Ski-U-Mah & Victory lots)

Entry Fee:

\$250/school, single gender or \$500/school, both boys and girls

Checks to: ***University of Minnesota***

Mail to: Matt Bingle
Director of Track & Field/Cross Country
516 15th Ave. S.E.
Minneapolis, MN 55455

Questions directed to: Scott Stallman (meet director) stallmanscott@mediacombb.net