

# Sauk Rapids-Rice Quad

**Date:** Thursday, May 20 2010  
**Time:** 3:45 Coaches meeting  
4:00 Field events 4:15 Running  
**Location:** Sauk Rapids-Rice Middle School  
**Teams:** Sauk Rapids, Alexandria, Sartell  
**Events:** Standard High School Order

**Entries:** Please e-mail me your **roster file** with comp numbers from the Hytek team mgr program by noon on My 19 or Sooner. Entries will be unlimited except for 4 teams per school in the 4x100 and 4x200 relay. Only three from each school can score in an event. No need to sign in runners.

**Running Events:** Fastest runners should be placed in the first heats. Preferred lanes will be randomly drawn. Staging area will be located at the north end of the track. 1/8 in. spikes or less only. Athletes will be asked to help with hurdles. coaches may be asked to run an event.

**Field Events:** There will be 4 jumps & throws with no finals. **Sign in ASAP**

\*Girls Long Jump and Boys Triple Jump will be run cafeteria style at the same time. All jumps must be completed by 5:15 pm or sooner so we can switch and go from 5:45 until 6:45.

\*Suggested Starting heights will be 5'0" & 4' 0" for high jump (they may be run at the same time in 2 pits). Girls Pole Vault will start at 6', 7', then 9" at a time, Boys 8', 9', then 9" at a time.

\*Girls Shot put and Boys discus first & will be run in flights.

**Scoring:** We will post all results behind the bleachers under the press box. MSHSL scoring.

**Competitor numbers:** Please write your comp number on the back of your left had so the official can read it when your hand is extended. Memorize your number in case it wears off. We will use your CLC numbers please send a hy-tek roster file to [pete.robinet@isd47.org](mailto:pete.robinet@isd47.org)

**Requests:** Please do not lean or sit on hurdles or porta-pits, Keep team camps off the infield, and please try to keep the facility clean before, during, and after the meet. Thank you.

**2 Exchange Zone judges:** Sartell zone 1, Alex zone 2, SRR 3, SRR will handle finish area.

If you have any questions please contact:

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