

Sisseton - Jr. High
Coteau DesPrairie Track Meet - ~~April 15, 2021~~ May 6, 2021

1. Sign up your entries on Athletic.Net.
2. Field events will start at 4:00 **1:00 PM**. Running events at 4:30 **2:00 PM**.
3. There will be a short Coaches Meeting at 12:45 PM at the finish line.
4. Track, runways, and high jump surface are rubberized. We require spikes to be less than 1/8 inch.
5. Seeds, pop, sports drinks, or any other food is not allowed on the football field.
6. Team camps will be allowed: NO CAMPS ON TURF! – **UNLESS THE SURROUNDING GROUNDS ARE TO WET!**
 - a. North of the track
 - b. South side on top of the berm
 - c. On the bleachers
7. No tape on the track, tennis balls will be made available.
8. Chalk is not legal on the runway in the Long and Triple Jumps. You can mark on the cement border.
9. There will be two divisions per gender (7th grade and 8th grade).
Relays will be run like this:
 - If all contestants are 7th grade – they will compete in the 7th grade division.
 - If all contestants are 8th grade – they will compete in the 8th grade division.
 - If you do not have enough contestants to run either or both – If you have 3 seventh graders and 1 eighth grade contestant, then your relay team will compete in the higher division.
10. We are using Hy-Tek to record results. A template is attached for you to enter your athletes. Return it by **Tuesday, May 4th** to Kayla.Kortlleever@k12.sd.us Each Coach will be emailed competitor numbers by the afternoon of the 5th. **HAVE THESE NUMBERS ON THE BACK OF THE ATHLETE'S LEFT HAND.**
11. **Field events sign-up on Athletic.Net.** Field events will have (3 jumps/throws). No Finals. High jump will have 3 jumps per height.
Shot Put - (7-8 boys 8 lb.) (7-8 girls 6 lb.) Discus – (7-8 boys & girls 1 Kg.)
12. Running events will have fast heat first. Instruct your athletes that the fastest runners should be in the first heat.
13. Entries limited to 4 per event, and 1 relay per school, unless if there is room in a heat not used by a team.
We may allow more, within reason. Topic for the coaches meeting.
14. We will have 4 entries per school for the 100m and 200m events for each grade and gender.
15. Hurdles – 200m low hurdles run at high school intermediate spacing (5 hurdles).
16. Ribbons 1-5. They will be mailed or delivered to your school following the meet. No team points will be kept.
17. Entry fee is \$50 per school and covers both girls and boys teams. Make checks payable to Sisseton School.
18. Varsity athletes will be helping and running the meet. We shouldn't need help running events. **But each school should be prepared to provide a timer/picker (adult).**

2022 – JH Coteau DesPrairie Relays - April 14, 2022

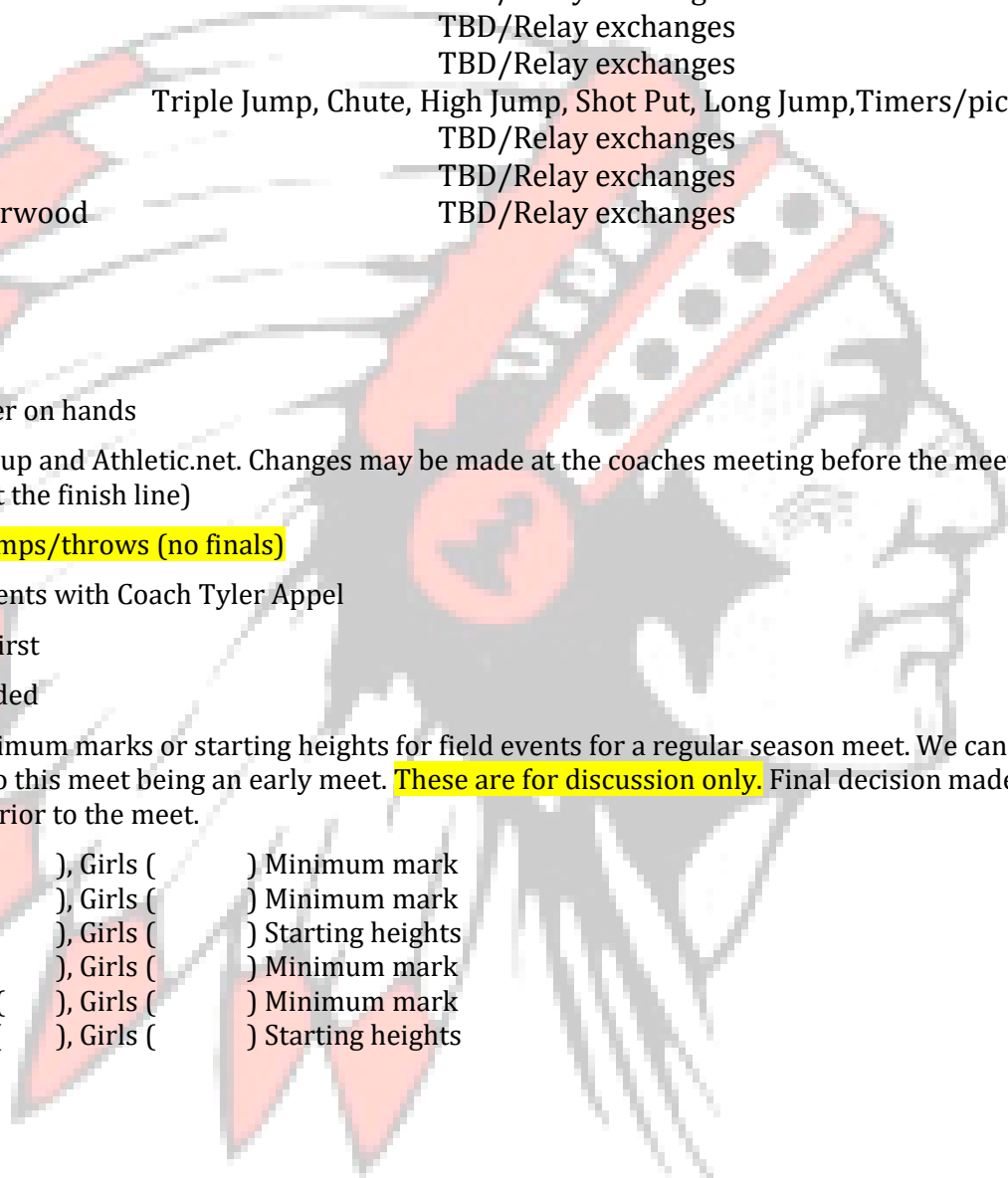
COACHES MEETING TOPICS

School Attending

Duty

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Aberdeen Roncalli 2. Castlewood 3. Circle of Nations 4. Dakota Hills 5. Hankinson 6. Milbank 7. Morris Area 8. Sisseton 9. St. Martin's 10. Tri-state 11. Wyndmere/Lidgerwood | <ol style="list-style-type: none"> TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges Triple Jump, Chute, High Jump, Shot Put, Long Jump, Timers/pickers TBD/Relay exchanges TBD/Relay exchanges TBD/Relay exchanges |
|--|--|

1. Competitor number on hands
2. **Relay cards** - Sign up and Athletic.net. Changes may be made at the coaches meeting before the meet. (I will have extra cards at the finish line)
3. **Field events - 3 jumps/throws (no finals)**
4. Weight-in implements with Coach Tyler Appel
5. Run fastest heats first
6. Tennis balls provided
7. Below are the minimum marks or starting heights for field events for a regular season meet. We can make adjustments due to this meet being an early meet. **These are for discussion only.** Final decision made at the coaches meeting prior to the meet.
8. Shot Put-Boys (), Girls () Minimum mark
9. Discus-Boys (), Girls () Minimum mark
10. High Jump-Boys (), Girls () Starting heights
11. Long Jump-Boys (), Girls () Minimum mark
12. Triple Jump-Boys (), Girls () Minimum mark
13. Pole Vault - Boys (), Girls () Starting heights



Jr. High - Coteau DesPrairie Track Meet

Host - Sisseton Middle School

May 6, 2021 - ~~April 15, 2021~~ - 1:00 PM

Each participant may enter 4 events.
7th and 8th grade will have separate events.
Field events are limited to 3 attempts/throws with **NO FINALS.**

Shot Put – 6 lbs (Girls), 8 lbs (Boys)

Discus – 1 kilo. (Girls & Boys)

Field Events and Time Schedule – Rolling Schedule

1:00 PM

Discus – boys

Shot Put – girls

Triple Jump - girls

High Jump - girls

Long Jump – boys

Pole Vault – boys

Following

Discus – girls

Shot Put – boys

Triple Jump – boys

High Jump - boys

Long Jump – girls

Pole Vault - girls

Running Events Time Schedule – Rolling Schedule

Time

2:00 PM

Event

100 M Hurdles

110 M Hurdles

100 M Dash

800 M Relay

1600 M Run

400 M Relay

400 M Dash

200 M Hurdles

800 M Medley Relay

800 M Run

200 M Dash

1600 M Relay

Division

Girls

Boys

Girls/Boys

Girls/Boys

Girls/Boys (maybe run together)

Girls/Boys

Girls/Boys

Girls/Boys

Girls/Boys

Girls/Boys (maybe run together)

Girls/Boys

Girls/Boys