

Sisseton American Legion Relays - April 30, 2021

1. **Field events will start at 1:00 PM. Running events at *2:30 PM. Coaches meeting at 12:30 at the finish line.**
2. **ALL ROSTERS/ENTRIES ARE REQUIRED TO BE ENTERED ON ATHLETIC.NET BY NOON, WEDNESDAY, APRIL 28. Out of state schools will need to return the attached Hy-Tek template.**
3. This meet is officially sanctioned by the SDHSAA.
4. Each Coach will be emailed competitor numbers by the afternoon of April 28th. **HAVE THESE NUMBERS ON THE BACK OF THE ATHLETE'S LEFT HAND.**
5. Times WILL NOT BE READ AT THE FINISH LINE. The times will be on the SCOREBOARD immediately following the race. Competitors will need to know what place they were to get their time.
6. Track, runways, and high jump surface are rubberized. We require spikes to be less than 1/8 inch.
7. **NO Seeds, pop, sports drinks, or any other food is allowed on the football field. No grilling or coolers allowed inside the premises! Concessions stand will be open.**
8. Team camps will be allowed: NO CAMPS ON TURF!
*North of the track *South side on top of the berm *On the bleachers
9. No tape on the track, tennis balls will be made available.
10. Chalk is not legal on the runway in the Long and Triple Jumps. You can mark on the cement border.
11. Field events sign-up on Athletic.net. Weight ins for shot, discus and pole vault upon arrival in the storage area on the northwest corner of the complex. Field events will have **(3 jumps/throws)**. **No Finals.**
12. **Note - Depending on the number of teams/entries in the field events, an additional attempt may be allowed.**
13. Running events will have fast heat first. Instruct your athletes that the fastest runners should be in the first heat.
14. Trophies awarded for places 1-5.
15. Entries limited to 4 per event, and 1 relay per school. 3 ENTRIES PER SCHOOL IN THE 100M, 200M AND 400M DASHES.
16. Varsity entry fee - **\$150 per school** and covers both girls and boys teams. **If you work an event - \$75. Make the check payable to - Sisseton American Legion.**
17. Coaches/team representative will be assigned to work an event if needed. Come prepared to help. If you prefer to work a specific event, contact us ASAP.

Next Year's Date for the Legion Relays is Friday, April 29, 2022

COACHES MEETING TOPICS

<u>School Attending (limit 16 teams)</u>	<u>Duty</u>
1. Deuel	Pole Vault
2. Ellendale	TBD/Curve Judges
3. Frederick	TBD/Curve Judges
4. Hankinson	TBD/Curve Judges
5. Langford	TBD/Curve Judges
6. Lisbon	TBD/Curve Judges
7. Morris Area/Chokio Alberta	TBD/Curve Judges
8. Northwestern	TBD/Curve Judges
9. Oakes	TBD/Curve Judges
10. Sargent County	TBD/Curve Judges
11. Sisseton	Hurdles/Field events/Misc.
12. Wahpeton	TBD/Curve Judges
13. Wheaton/Her/Nor	TBD/Curve Judges
14. Wyndmere/Lidgerwood	TBD/Curve Judges

**I may need some help with timers at the beginning of the day. (Until school is out)
I need someone to run the discus.**

1. Competitor number on hands
2. Relay cards – should not be necessary due to your entries on Athletic.net (first/last name and comp. number of each participant) – 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) – Changes???
4. Weight-in implements with Coach Tyler Appel
5. Pole Vaulters can be weighed in at home prior to the meet. See the attached form.
6. I would like to do pre-entries through Athletic.net, you may make changes the day of the meet. We will just put them in an empty lane or add to bottom of flight. I want to do this for a practice run for me and my people scoring for the conference meets and region meet. I will pull all entries Monday at 9:30 and send out comp numbers and heats/ flights later that day. 3 per team in individual events and 1 per team in relays.
7. Awards will be presented at the award stands – Socially distanced
8. Tennis balls provided
9. Shot Put-Boys (30'0"), Girls (25'0") Minimum mark
10. Discus-Boys (80'0"), Girls (60'0") Minimum mark
11. High Jump-Boys (4'11"), Girls (3'11") Starting heights
12. Long Jump-Boys (17'0"), Girls (13'6") Minimum mark
13. Triple Jump-Boys (35'0"), Girls (29'0") Minimum mark
14. Pole Vault – Boys (7'6"), Girls (5'5") Starting heights

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Field Event Time Schedule – Rolling Schedule

Time	Event	Division
1:00 PM	Discus	Boys/Girls
	Shot Put	Girls/Boys
	Triple Jump	Girls/Boys
	High Jump	Girls/Boys
	Long Jump	Boys/Girls
	Pole Vault	Boys/Girls

Running Event Time Schedule – Rolling Schedule

Time	Event	Division
2:30 PM	100/110 M Hurdles	Girls/Boys
	3200 M Relay	Girls/Boys
	100 M Dash	Girls/Boys
	800 M Relay	Girls/Boys
	1600 M Run	Girls/Boys
	400 M Relay	Girls/Boys
	400 M Dash	Girls/Boys
	300 M Hurdles	Girls/Boys
	1600 M Medley Relay	Girls/Boys
	800 M Run	Girls/Boys
	200 M Dash	Girls/Boys
	3200 M Run	Girls/Boys (Combined?)
	1600 M Relay	Girls/Boys

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