

Section 8A True Team Track & Field Meet

May 4, 2026

Roseau High School

Teams Participating

1. Ada-Borup-West
2. Crookston
3. BGMR/Freeze
4. Goodridge/Grygla
5. International Falls
6. Kittson County Central (Girls Only)
7. Lake of the Woods
8. Northome-Kelliher-Blackduck
9. Park Rapids
10. Red Lake County
11. Roseau
12. Walker-Hackensack-Akeley
13. Warroad
14. West Marshall Fusion
15. Win-E-Mac

Schedule

11:30 am: Coaches Meeting by track & field storage shed (SW corner of complex by shot put area.)

Agenda

- o Where will True Team be held next year?
- o What is the date of True Team next year and who is the meet manager?
- o Winning teams plus four wild cards will advance to the state meet.
- o If a section champion elects not to participate in the state meet, then the other seven section champions plus five wild card teams selected from the eight sections. Second through fifth place teams will make up the 12-team field for state.
- o Coaches, if your team finishes in the top five of the section meet, go to the true team website to get state information. Wild card results will be posted by 7:00 pm on Saturday.

12:00 Field Events: (All ties in field events and running events must be broken, if possible)

Long Jump-Boys and Girls at the same time. (Cafeteria Style-4 jumps, no finals)

Round down to the nearest ¼ inch.

Triple Jump-Boys and Girls at the same time, follows Long Jump (Cafeteria Style-4 jumps, no finals)

Round down to the nearest $\frac{1}{4}$ inch.

High Jump-Boys and Girls at the same time. *Opening height will be discussed at the coaches meeting and go up by increments of 2 inches.*

Discus-Girls followed by the Boys (4 throws, no finals)

Round down to the lesser inch.

Shot Put-Boys followed by Girls (4 throws, no finals)

Round down to the nearest $\frac{1}{4}$ inch.

Pole Vault-Girls followed by the Boys. *Opening height will be discussed at the coaches meeting and go up by increments of 6 inches.*

1:00 Running Events

Scoring:

Boys: Individual will be 30 down to 1, relays will be 45 down to 3. (15 boys teams)

Girls: Individual will be 28 down to 1, relays will be 42 down to 3. (14 girls teams)

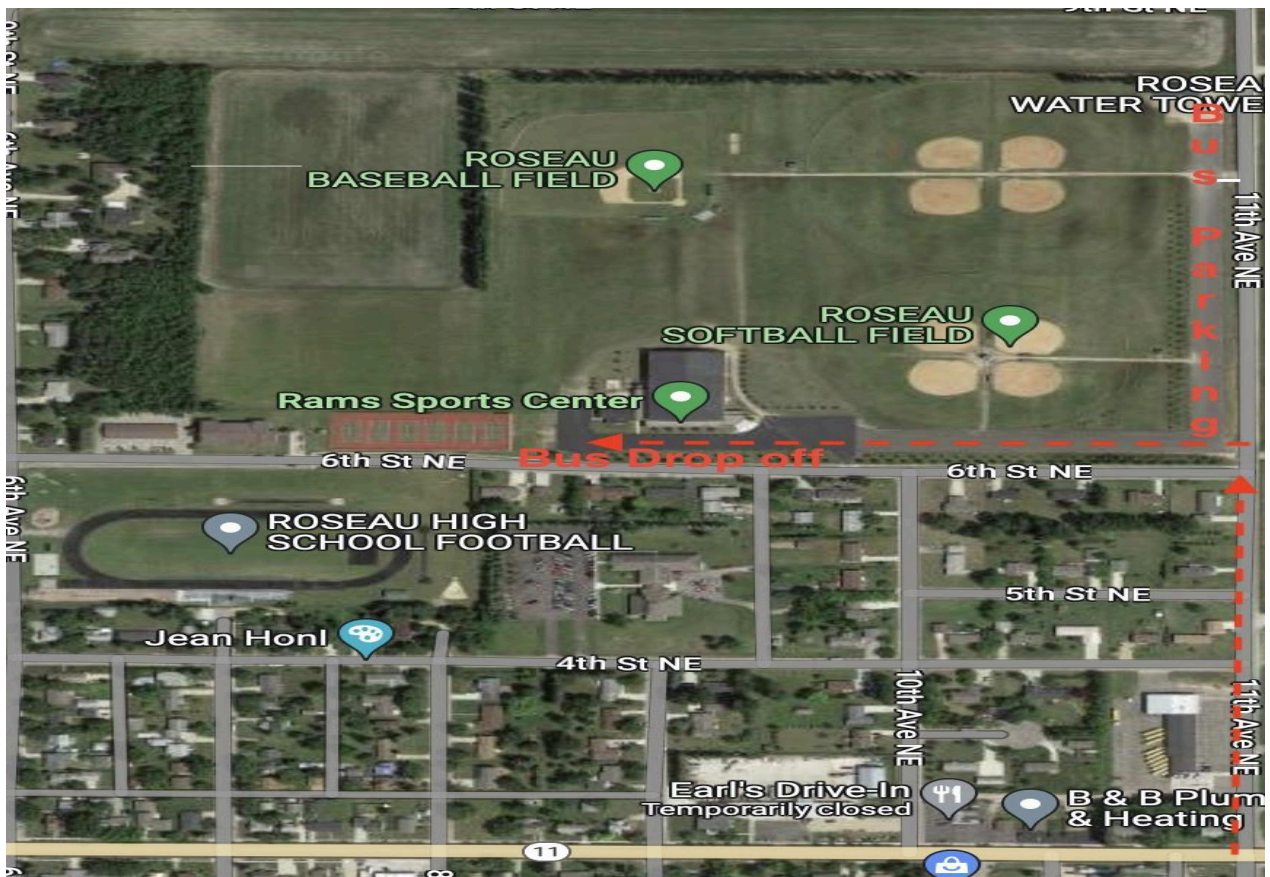
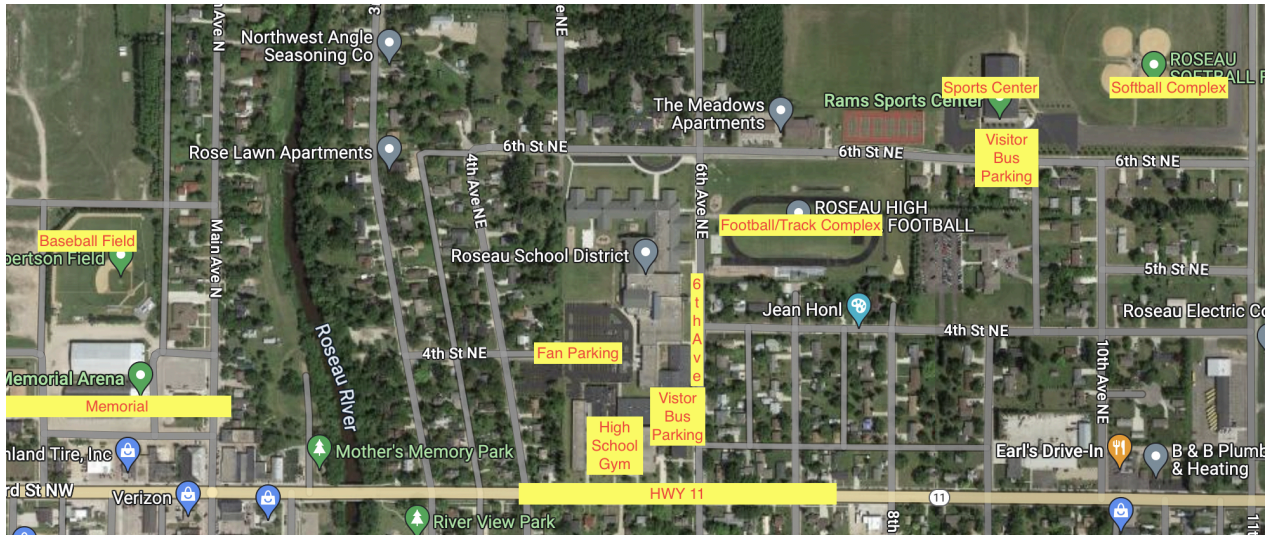
Entries: 2 individuals and 1 relay. Competitors need to register their school and number at the field events when they arrive. Competitors of running events need to register their school and number at the marshaling area (by the start of the 100 meters) before each race they compete in. All athletes must have a competitor number on their hand.

Awards: Team Champion Trophy and ribbons, 2nd and 3rd place teams ribbons.

Workers: Each school is expected to supply one adult worker to work at the field events. Coaches not working an event are asked to please help with hurdles and exchange zones.

Spikes: $\frac{1}{8}$ inch

When arriving in Roseau take highway 11 to 11th Ave. NE. Take left on 6th St. NE



Team camps will be located along the North fence where teams get dropped off.

Games Committee:

Kenneth Hayden, Roseau
Aaron Phiffer, WHA
Nicole Brandt, Park Rapids
Kevin Johnson, West Marshall

Order of Running Events

Girls 4 x 800 Meter Relay

Boys 4 x 800 Meter Relay

Girls 100 Meter Intermediate Hurdles

Boys 110 Meter High Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 4 x 200 Meter Relay

Boys 4 x 200 Meter Relay

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 4 x 100 Meter Relay

Boys 4 x 100 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 300 Meter Low Hurdles

Boys 300 Meter Intermediate Hurdles

Girls 800 Meter Run

Boys 800 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 3200 Meter Run

Boys 3200 Meter Run

Girls 4 x 400 Meter Relay (Top 8 teams after the 200 in the 2nd heat)

Boys 4 x 400 Meter Relay (Top 8 teams after the 200 in the 2nd heat)

Kenneth Hayden (612-718-9060)

Head track coach & activities director