# Armstrong A

# Armstrong Invitational

Friday, April 11, 2025

Armstrong High School

**Schools Competing**

Chanhassen

St. Louis Park

Mpls Southwest

Park Center

Osseo Bloomington Jefferson

Robbinsdale Cooper

De La Salle

Champlin Park

**Team Cost:** $300/ team (boys and girls)

In the event of a cancellation, each team will charged a $30 per gender team fee to cover sunk costs for meet preparation including seeding and entry charges, facility preparation, and other miscellaneous charges.

**Admission-** $5.00 for Adults, $4.00 for students.

**Entries**: Each team will get 3 entries per event. Each gender team will get **1 additional wild card entry for field events**. Entries and seeds will be submitted to [**Athletic.net**](http://athletic.net/) by noon on Wednesday, April 4/9. There will be no scratches and adding after deadline.

**Timing**: Timing will be F.A.T. (Wayzata Results)

**Implement Weigh in:** Will take place in front of the concession stand at 2:30pm.

**Awards:** Medals will be awarded to places 1-3 for individual events and places 1-3 for relays and a Trophy for Team Champion. Awards can be collected from the press box after results are announced.

**Scoring**: We will score 8 places for individual events and relays (10-8-6-5-4-3-2-1)

**Field Events**

3:00 Girls Pole Vault (6.5ft starting height) 5:00\* Boys Pole Vault (8.5 ft starting height)

3:00 Boys High Jump (5ft starting height) 5:00 Girls High Jump (4ft starting height)

3:00 Boys Long Jump (4 jumps Cafeteria Style) 5:00 Girls Long Jump (4 jumps Cafeteria Style)

3:00 Girls Triple Jump (4 jumps Cafeteria Style) 5:00 Boys Triple Jump (4 jumps Cafeteria Style)

3:00 Girls Discus Throw (Prelims) 5:00 Boys Discus Throw (Prelims)

(4 throws, top 8 qualify for finals) (4 throws, top 8 qualify for finals)

4:30 Girls Discus Finals 6:30 Boys Discus Finals

3:00 Boys Shot Put (Prelims) 5:00 Girls Shot Put (Prelims)

(3 throws, top 8 qualify for finals) (3 throws, top 8 qualify for finals)

4:30 Boys Shot Put Finals 6:30 Girls Shot Put Finals

**\*Boys pole vault warm-ups will begin at the conclusion of the girls pole vault, and will last 1 hour.**

## Track Events

2:55 Star Spangled Banner and meet dedication

3:10 JV Girls 1600 (Unlimited entries. )

3:20 JV Boys 1600 (Unlimited entries.)

**All Running events will be timed finals and seeded with the last heat as the fastest.**

4:0 3:30 Girls 4 x 800 Meter Relay

3:45 Boys 4 x 800 Meter Relay

4:00 Girls 100 Meter High Hurdles

4:10 Boys 110 Meter High Hurdles

4:20 Girls 100 Meter Dash

4:30 Boys 100 Meter Dash

4:40 Girls 4 x 200 Meter Relay

4:50 Boys 4 x 200 Meter Relay

5:00 Girls 1600 Meter Run (1 heat)

Girls 5:10 Boys 1600 Meter Run (1 heat)

5:20 Girls 4 x 100 Meter Relay

5:25 Boys 4 x 100 Meter Relay

5:30 Girls 400 Meter Run

5:40 Boys 400 Meter Run

5:55 Girls 300 Meter Hurdles

6:05 Boys 300 Meter Hurdles

6:15 Girls 800 Meter Run

6:25 Boys 800 Meter Run

6:35 Girls 200 Meter Run

6:45 Boys 200 Meter Run

6:55 Girls 3200 Meter Run (1 heat)

7:10 Boys 3200 Meter Run (1 heat)

7:25 Girls 4x400 Meter Relay

7:30 Boys 4x400 Meter Relay

**Relay Exchange Zone Coverage**

4x100: 1st exchange- Champlin Park 2nd exchange: St. Louis Park 3rd Exchange: De La Salle

4x200: 4x200:1st & 3rd Exchange: Osseo and South West Exchange 2: Armstrong and Park Center

6+:

**Armstrong Track Markings:**

**4x200m**

Start line: (4 turn stagger) Red

1st exchange: Red

2nd Exchange: Red

3rd Exchange: Yellow

**4x100m**

Start line: (2 turn stagger) White

Exchange zones: Yellow

**4x400m**

Start Line: (3 turn stagger) Blue

1st exchange: Blue on the curve

2– 4 exchange: Blue (10 meters behind the starting line)

**4x800m**

Start line: (1 turn stagger) Green

Exchange zones: Blue

**Hurdle settings/Markings**

**100m hurdles (girls)**

Height: 2nd notch from bottom

Mark: yellow

**110m hurdles (boys)**

Height: 4th setting (second from top)

Mark: Blue

**300m Hurdles**

Mark: Red

**Girls**

Height: Bottom setting

**Boys**

Height: middle setting (up two settings from girls setting)