

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #5: April 11-17

Day		Time /Schedule/Event
Monday	4/11	3:30 pm: All Team members meet OUTSIDE in the stadium for practice – *We will start meeting outside on the turf for practice everyday. Practice still starts at 3:30 – plan accordingly for the walk to the stadium to be on time. If the weather is not ideal, we will still meet inside and notice will be placed in the locker room. * Sprinters/Hurdles/Jumps – BRING SPIKES today, we will be doing max speed/handoffs/starts – High quality with 5:00 min rest. 4x100 handoffs practice today. Speed Lift after workout *Distance: Threshold X OR 1-2 Combo Or 150m Finishes depending on groups.
Tuesday	4/12	3:30 pm: All Team members meet OUTSIDE in the stadium for practice – *Lake Relays athletes: Pre-meet with sprints doing 1-2 block starts and 4x200 handoffs. All others: Sprints/hurdles/jumps: Endurance capacity or possible pre-meet, Distance: Likely workout or longer run
Wednesday	4/13	3:30 pm: All Team members meet OUTSIDE in the stadium for practice – Lake Relays at Eden Prairie – See schedule below on page 3 * There is also a possibility some of you will time trial today in anticipation of the end of the week unfavorable weather. You will be notified on by Tuesday at practice. Otherwise, pre-meet practice.
Thursday	4/14	3:30 pm: All team members not competing today meet for practice – Post meet work and strides Sprinters have Weight room “Power lift” 4:00 pm: JV dual against Buffalo at Buffalo. You will be dismissed from school at 2:35 with the busses departing at 2:50. If the Weather continues to look unfavorably, this meet will be moved to next Monday, still at Wayzata. Notification will be on WayzataTrack.org and @WayzataTrack
Friday	4/15	No in person school today – MCA testing form 10/11 <sup>th</sup> grade and Retreat for 9 <sup>th</sup> grade. Practice will start between 2:00 pm and 3:30 today. Times will be updated later this week due to MCA testing times and 9 <sup>th</sup> grade retreat.
Saturday	4/16	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Will be doing one of our workouts for the week today. Sprinters have Speed lift #2 today.
Sunday	4/17	Off – take something or someone for a walk.

**Vets:** Hard to believe but in one months times we will be preparing for the section True Team meet which is incredible considering we have not had an outdoor meet yet. The meets will come at you fast. We have a bunch of them now over the next few weeks. We will be moving you around in these next three weeks to see where you can have the most success. The weather looks touch and go so be flexible with the meet schedule. We may move some meets around in order to get the best weather to get the best seed times/marks. Good news is we should be able to get some meets in these next couple of week compared to some years when we still received 20 inches of snow this coming week.

**Rookies:** It is time to start competing with a Wayzata uniform on! Pay attention to the meet schedule. It can be confusing at times which meet you are going to. If you are confused, you need to reach out to an event coach for clarification. We schedule many different meets for different grade levels to make sure everyone gets an appropriate competition for them. Have fun with the competition. You are on a large team but there is only one of you and you can use everyone of these to make progress. The hardest part is toeing the line (or jump board, or throws ring, etc...) and taking the risk. These (game) experiences will come in handy for many years.

**Parents:**

Come to meets and watch. They are not long at all and many of them are here at WHS. Thank you for supporting your son and Wayzata Track & Field!

**Reminders for ALL:**

- BE CAREFUL OUTSIDE. Cars are not used to athletes using the sidewalks. Make sure you cross the street in the sidewalks. Even if you have a green light at an intersection, make eye contact with the drivers coming your way. In a battle between car and human, the car usually wins no matter what color the crossing light is. Be care full walking to the stadium, the ~~racetrack~~ road past the stadium can be tricky sometimes.
- Compressions arrived on Monday. It will be in the coach's locker room all this week I will try and bring it out to practice too.
- Watch the weather and announcements, the weather towards the end of the week is not great. We may have to delay our first outdoor meets to next week. Good news is we have two really good meets next week.

**Next Week:**

- We have two meets next week. Everyone on the team will be in in both of them competing in different events in each one.. EVERYONE will compete in the varsity/JV dual against Eden Prairie on Tuesday and Rosemount on Friday at WHS. These meets start at 4:00 pm

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**Competing is like mouthwash; if you can feel the burn, it's working.**

*Brian Tackett*

## Lake Relays – Wednesday April 13, 2022.

### Order of Events and Time Schedule:

#### **2:30 Field Event Warm-ups begin**

**Athletes must report to the Clerk 15 minutes before their scheduled event.**

3:30	Girls 100 High Hurdles (3 sections)	run slowest heat to fastest heat
3:42	Boys 110 High Hurdles (3 sections)	run slowest heat to fastest heat
3:52	Girls Open 100m	(3 sections) run slowest heat to fastest heat
4:00	Boys Open 100m	(3 sections) run slowest heat to fastest heat
4:10	Girls 4 x 1600	
4:22	Girls 4 x 100	
4:28	Boys 4 x 100	
4:35	Girls 4 x 800	
4:52	Boys 4 x 800	
5:06	Girls 1600 Medley (200-200-400-800)	
5:14	Boys 1600 Medley (200-200-400-800)	
5:25	Girls 300 Low Hurdles	(3 sections) run slowest heat to fastest
5:34	Boys 300 Intermediate Hurdles	(3 sections) run slowest heat to fastest
5:46	Girls 800 Medley (100-100-200-400)	
5:54	Boys 800 Medley (100-100-200-400)	
6:02	Boys 4x1600	
6:14	Girls 4 x 200	
6:20	Boys 4 x 200	
6:28	Girls 3 x 3200	
6:45	Boys 3 x 3200	
7:00	Girls 4 x 400	
7:05	Boys 4 x 400	

#### **\*FIELD EVENTS\***

3:00 – 4:30	Girls Triple Jump	5:00 – 6:30	Boys Long Jump
3:00 – 4:30	Boys Long Jump	5:00 – 6:30	Girls Triple Jump
3:00 – 4:30	Girls Discus	5:00 – 6:30	Boys Discus
3:00 – 4:30	Boys Shot Put	5:00 – 6:30	Girls Shot Put
3:00 – 4:30	Girls High Jump	5:00 – 6:30	Boys High Jump
3:00 – 5:00	Boys Pole Vault	5:30 - 7:00	Girls Pole Vault

#### **Field Event Procedures:**

##### **Long Jump/Triple Jump**

Jumps will be “cafeteria style” (open pit) for the allotted time for each gender. All competitors will receive (4) jumps; no finals. The competitions will end at the prescribed times and there will be one half hour of warm-up during the cross over.

##### **Shot Put/Discus**

Both events will be conducted in three flights with one thrower from each school in each flight. The best thrower from each school shall compete in the third flight. Flights will last approx. 30 minutes each. All competitors will receive (4) throws. No finals.

##### **High Jump**

Girls will start at 4’ and progressions will be 4’ 4”, 4’ 6” and 2” thereafter.

Boys will start at 5’ and progressions will be 5’ 4”, 5’ 6” and 2” thereafter.

With six jumpers left in competition, the bar will be raised in 1” increments until the final jumper.

The method of “five alive” is recommended.

##### **Pole Vault**

Girls will start at 6’ and progressions will be 7’, 7’ 6”, 8’ and 6” thereafter.

Boys will start at 8’ and progressions will be 9’, 9’ 6”, 10’ and 6” thereafter.

With six jumpers left in competition, the bar will be raised in 3” increments until the final jumper.

The method of “five alive” is recommended.