

Wayzata Boys Track and Field

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Week #11: May 22 -May 28, 2023

Day		Time /Schedule/Event
Monday	5/23	3:30 pm: All Team members not participating in the 11/12 meet will meet OUTSIDE in the stadium for practice 4:00 pm: Final 11/12 meet, Wayzata hosts Minnetonka, Edina, Mounds View 11/12 grade. *Lake Conference athletes: Pre-meet with sprints doing 1-2 block starts and 4x200 handoffs. All others that are not in the Lake conference or 11/12 meet: Sprints/hurdles/jumps: Endurance capacity or possible pre-meet, Distance: Likely workout or longer run
Tuesday	5/24	Meet Day – Lake Conference Championships 1:40: Select field events excused from class at 1:40 with bus departure at 2:00. Events include boys Vault, shot put, triple jump 2:40: Everyone else is excused from class at 2:40 with a bus departure at 3:00. 3:30: Select field events start with remaining field events starting at 5:30. 4:00: Track events begin. For those not competing today, Coaches will be at the Lake conference meet, Practice will be communicated to you from your event coaches for you to do on your own.
Wednesday	5/25	3:30 pm: Team members meet OUTSIDE in the stadium for practice –
Thursday	5/26	3:30 pm: Team members meet OUTSIDE in the stadium for practice –
Friday	5/27	3:30 pm: Team members meet OUTSIDE in the stadium for practice – Meet Day – True Team Sprints Intersquad – Meet for warm-ups after school, first event starts at 4:15. Teams and events will be selected on Wednesday
Saturday	5/28	9:30 am – Practice for throws – Meet at throws rings outside the stadium 9:30 – Distance, Sprints, Hurdles, Jumps, Vault - Meet in the WHS stadium on the turf.
Sunday	5/29	Off – take something or someone for a walk.

Congratulations to all Team members on the Class AAA State CHAMPIONSHIP at the MN State True Team meet. This marks 12 years that Wayzata boys have been in the top 2 at the MN State Meet which includes 7 Championships and 4 runner up (one Co-Vid). The photo from the award stand will go in the trophy and displayed in the school trophy case.

Vets: Outstanding job putting everything together to get on the podium at State True Team, you took care of things to put yourself in position to be successful. Our coaches are extremely proud of the top result and keeping the Wayzata T&F tradition going. We now move on to the MSHSL meets. We are using the Lake conference meet as a tune-up for the MSHSL meets, The Section 6AAA meet is at Eden Prairie next Tuesday and Thursday and will determine advancement to the MSHSL State Meet. This meet will be a bid different. Both 6AAA and 2AAA will have their meets going at the same site at the same time. We will go over the schedule later this week.

Rookies: Super nice job learning how to be a contributing member to the team. We are happy how you have learned the process and looking forward to seeing your contribute in varsity meets soon. You have put together a good foundation that will serve you well in the coming year in not only T&F but all the other activities you are involved in. Many of you will still be competing in our intersquad meets this and next week.

Parents:

Parents!!! Please be sure to join the Wayzata Booster Accounts and list Boys track and field as your team of support. It is the primary fundraiser for our team this year. It cover much of what we are able to do each season.

Reminders for ALL:

Next Week:

- We will have varsity practice next Monday night at 6:00. This will be a final shakeout for the Section 6AAA meet.
- The varsity is back for the Section 6AAA meet at Eden Prairie. We are allowed three entries per event and one relay. This will be the final meet that will determine advancement to the MSHSL state meet.
- The Wayzata Youth Track & Field Meets start June 8. This is a super fun event for our 5-12 years old's in the community. We will be needing volunteers for this to make it possible. It will take one hour of your time and you get to help out with a bunch of the boys and girls on the team.

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

Brian Tackett