

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #5: April 10-16

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 stadium 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. <u>Sprinters/Hurdles/Jumps</u> – BRING SPIKES today, we will be some max speed endurance today– High quality with 3:00 min rest. Speed Lift #1 after workout (we start our second phase of lifting today) - <u>Long sprints</u> : 12x200 (32-33) on the 2:00, <u>Short sprints</u> : 6x200 (29-30) on the 3:00 <u>Long Distance</u> : Threshold X (3-4 miles work + faster 200s AND 150s) <u>Short Distance</u> : 5’ tempo, 1-2 combo workout Rookie Distance: 5’ threshold + 5-6 150m ‘finishes’
Tuesday	4/12	3:30 pm: All Team members meet OUTSIDE in the stadium for practice – <u>Sprints/Hurdles/Jumps</u> : Drills/Strides – Learn the 4x200 and 4X400 – 4x2/4x4 exchanges <u>Long/Short Distance</u> : Medium + Strides, JV pre-meet
Wednesday	4/13	MEET DAY – Wayzata at Minnetonka (JV meet with some varsity competing) Bus Leaves at 2:35! You must ride the bus if you are in the meet, you may ride home with a parent but there is a returning bus, Meet starts at 4:00 and will be done by 6:00 3:30 pm: All other Team members meet OUTSIDE in the stadium for practice – <u>Sprints/Hurdles/Jumps</u> : Bring Spikes, FAST 30m flies today, 4x100 exchanges too. Hurdles will do 300 hurdles flies, all will do block starts (Speed Lift #2 today) <u>Distance</u> : Longer run + progressives
Thursday	4/14	<i>No in person school today – MCA testing form 10/11th grade</i> Practice will start between 2:00 pm and 3:30 today. Times will be updated later this week due to testing times Start time between 2:00 and 3:30 pm: Notification will be on WayzataTrack.org and @WayzataTrack <u>Sprints/Jumps/Hurdles</u> Pre-meet or JV have recovery <u>Distance</u> : Varsity have pre-meet, JV have recovery
Friday	4/15	Meet Day - Lake Relays at Wayzata – See schedule below on page 3 Varsity will compete at Lake Conference Relays at Wayzata Stadium <u>Sprints/Hurdles/Jumps</u> – JV not in meet will do max speed, will meet for practice in the gyms <u>Distance</u> : Will meet in the gym, longer run with ins and outs
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. Post meet recovery. Sprinters have Power lift 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 nice but always unpredictable so be flexible with the season 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 outdoors! 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. Remember, we do not charge admission for our home meets. We do not charge with the expectation you are joining in the Wayzata boosters on behalf of boy's track and field. A minimum membership is considerably less than if we had to charge for our home meets. <https://www.wayzataboosters.org/> The link can be found at 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 should arrive this week. 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 Blaine on Tuesday and many (around 75 boys) against Fargo Davies, West Fargo, Moorhead, Grand Forks Red River, Grand Forms Central on Friday at WHS. Tuesday's meet start at 4:00 pm and Friday's starts at 3:00 pm

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

Brian Tackett

LAKE CONFERENCE RELAYS - 2023

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.

Order of Events and Time Schedule:

3:15 Coaches Meeting at the clerking area

3:30	Girls 4x800m Relay	(Teams may run one varsity and one JV relay in 4x8
3:40	Boys 4x800m Relay	(Teams may run one varsity and one JV relay in 4x800)
3:57	Girls 100 High Hurdles	(3 sections, fastest to slowest)
4:06	Boys 110 High Hurdles	(3 sections, fastest to slowest)
4:18	Girls Open 100m	(3 sections, fastest to slowest)
4:27	Boys Open 100m	(3 sections, fastest to slowest)
4:38	Girls Sprint Relay	(100-100-200-400, 400m cuts after exchange)
4:51	Boys Sprint Relay	(100-100-200-400, 400m cuts after exchange)
4:59	Girls 4 x 200m Relay	
5:05	Boys 4 x 200m Relay	
5:11	Girls 1600m Run	(one section, 4 entries per team)
5:19	Boys 1600m Run	(one section, 4 entries per team)
5:29	Girls 4x100m Relay	
5:35	Boys 4x100m Relay	
5:41	Girls Open 400m Run	(3 sections, fastest to slowest)
5:50	Boys Open 400m Run	(3 sections, fastest to slowest)
6:02	Girls 300m Hurdles	(3 sections, fastest to slowest)
6:11	Boys 300m Hurdles	(3 sections, fastest to slowest)
6:23	Girls 800m Run	(3 sections, fastest to slowest 4 entries per team)
6:31	Boys 800m Run	(3 sections, fastest to slowest 4 entries per team)
6:40	Girls Sprint Medley Relay	(200-200-400-800, 400m runner cuts after exchange)
6:48	Boys Sprint Medley Relay	(200-200-400-800, 400m runner cuts after exchange)
6:56	Girls open 200m	(3 sections, fastest to slowest)
7:05	Boys open 200m	(3 sections, fastest to slowest)
7:14	Girls 3200m Run	(one section 4 entries per team)
7:26	Boys 3200m Run	(one section 4 entries per team)
7:41	Girls 4x400m Relay	
7:48	Boys 4x400m Relay	

FIELD EVENTS: (3 entries per event)

3:00 – 4:45	Boys Long Jump	5:15 – 7:30	Boys Triple Jump
3:00 – 4:45	Girls Triple Jump	5:15 – 7:30	Girls Long Jump
3:00 – 5:00	Boys Pole Vault	5:15 – 7:30	Boys High Jump
3:00 – 4:45	Girls High Jump	5:30 – 7:30	Girls Pole Vault
3:00 – 5:00	Shot Put boys	5:30 – 7:30	Boys Discus
3:00 – 5:00	Discus girls	5:30 – 7:30	Girls Shot Put

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.