



2022-2023 MINNESOTA STATE HIGH SCHOOL LEAGUE

State Track and Field Meet SCHEDULE

St. Michael-Albertville High School
5800 Jamison Avenue NE St. Michael, MN 55376

Thursday, June 8, 2023

Class AAA PRELIMS 9:00 a.m.
Class A PRELIMS 3:30 p.m.

Friday, June 9, 2023

Class AA PRELIMS 9:00 a.m.
Class A FINALS 3:30 p.m.

Saturday, June 10, 2023

Class AA FINALS 9:00 a.m.
Class AAA FINALS 3:30 p.m.

4x800M RELAY, 1600M RUN and 3200M RUN

- The 4x800-meter relay will be conducted as a 2-heat timed final on FINALS day in each class.
- The 1600M Run will be conducted as timed finals on FINALS day in each class.
- The 3200M Run will be conducted as timed finals on PRELIMS day in each class.

WHEELCHAIR DIVISION (WCD)

WCD events are based on the number of entries and will be determined during seeding on June 4, 2023.

RUNNING EVENTS – PRELIMS ORDER of EVENTS

*The **3200M** will be run as the FIRST event during morning prelims sessions (AAA on Thursday and Class AA on Friday) and as the second to last event during the afternoon prelims session (Class A on Thursday)

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| *3200-Meter Run (Finals) – Class AAA and AA Girls (Thurs and Fri AM) | 300-Meter Hurdles – Girls |
| *3200-Meter WCD (Finals) –Boys/Girls | 300-Meter Intermediate Hurdles – Boys |
| *3200-Meter Run (Finals) – Class AAA and AA Boys (Thurs and Fri AM) | 800-Meter Run – Girls |
| 100-Meter High Hurdles (33”) – Girls | 800-Meter WCD – Boys/Girls |
| 110-Meter High Hurdles – Boys | 800-Meter Run – Boys |
| 100-Meter Dash – Girls | 200-Meter Dash – Girls |
| 100-Meter WCD (Finals) – Boys/Girls | 200-Meter WCD (Finals) – Boys/Girls |
| 100-Meter Dash - Boys | 200-Meter Dash – Boys |
| 4x200-Meter Relay – Girls | *3200-Meter Run (Finals) – Class A Girls (Thursday PM) |
| 4x200-Meter Relay – Boys | *3200-Meter WCD (Finals) – Boys/Girls |
| 4x100-Meter Relay – Girls | *3200-Meter Run (Finals) – Class A Boys (Thursday PM) |
| 4x100-Meter Relay – Boys | 4x400-Meter Relay – Girls |
| 400-Meter Dash – Girls | 4x400-Meter Relay – Boys |
| 400-Meter Dash – Boys | |

RUNNING EVENTS – FINALS ORDER of EVENTS

| | |
|--------------------------------------|------------|
| 4x800-Meter Relay | Girls |
| 4x800-Meter Relay | Boys |
| 100-Meter High Hurdles | Girls |
| 110-Meter Hurdles | Boys |
| 100-Meter Dash | Girls |
| 100-Meter Dash | Boys |
| 4x200-Meter Relay | Girls |
| 4x200-Meter Relay | Boys |
| 1600-Meter Run..... | Girls |
| 1600-Meter Wheelchair Division | Boys/Girls |
| 1600-Meter Run..... | Boys |
| 4x100-Meter Relay | Girls |
| 4x100-Meter Relay | Boys |
| 400-Meter Dash | Girls |
| 400-Meter Dash | Boys |
| 300-Meter Low Hurdles | Girls |
| 300-Meter Inter Hurdles | Boys |
| 800-Meter Run..... | Girls |
| 800-Meter Run..... | Boys |
| 200-Meter Dash | Girls |
| 200-Meter Dash | Boys |
| 4x400-Meter Relay | Girls |
| 4x400-Meter Relay | Boys |

FIELD EVENTS

Class A - THURSDAY

Long Jump – Girls 3:30 p.m.
Triple Jump – Boys 3:30 p.m.
Pole Vault – Boys 3:30 p.m.
High Jump – Girls 3:30 p.m.
Shot Put – Boys 3:30 p.m.
Discus – Girls 4:45 p.m.

Class A - FRIDAY

Long Jump – Boys 3:30 p.m.
Triple Jump – Girls 3:30 p.m.
Pole Vault – Girls 3:30 p.m.
High Jump – Boys 3:30 p.m.
Shot Put – Girls 3:30 p.m.
Discus – Boys 4:45 p.m.

Class AA - FRIDAY

Long Jump – Girls 9:00 a.m.
Triple Jump – Boys 9:00 a.m.
Pole Vault – Boys 9:00 a.m.
High Jump – Girls 9:00 a.m.
Shot Put – Boys 9:00 a.m.
Discus – Girls 10:15 a.m.

Class AA - SATURDAY

Long Jump – Boys 9:00 a.m.
Triple Jump – Girls 9:00 a.m.
Pole Vault – Girls 9:00 a.m.
High Jump – Boys 9:00 a.m.
Shot Put – Girls 9:00 a.m.
Discus – Boys 10:15 a.m.

Class AAA - THURSDAY

Long Jump – Girls 9:00 a.m.
Triple Jump – Boys 9:00 a.m.
Pole Vault – Boys 9:00 a.m.
High Jump – Girls 9:00 a.m.
Shot Put – Boys 9:00 a.m.
Discus – Girls 10:15 a.m.

Class AAA - SATURDAY

Long Jump – Boys 3:30 p.m.
Triple Jump – Girls 3:30 p.m.
Pole Vault – Girls 3:30 p.m.
High Jump – Boys 3:30 p.m.
Shot Put – Girls 3:30 p.m.
Discus – Boys 4:45 p.m.