

HOWARD WOOD RELAYS INFORMATION

- 1. NO BUS:** you will provide your own transportation to and from Howard Wood Field. Plan to arrive a minimum of 90 minutes before you compete.
- 2. CONTESTANTS GATE:** Same Gate we enter for all meets. Visitors Side.
- 3. WRIST BANDS:** You will receive a wrist band to gain entrance. Must have it to be able to get in for both days.
- 4. Wrist Band Pickup:** I will meet you at the contestants gate to give you your wrist band. Call me when you arrive. (605-366-9623) or Coach Genrich (507-251-9972) I will be there by 11:30 on Friday.
- 5. Team Camp:** We won't have the tent there. We will meet in the grandstands right around the corner from the Contestants gate.
- 6. RELAY TEAMS:** Will meet at our Team Camp area in the grandstands 90 minutes before your race. You will warm up together and all 4 contestants must check in together.
- 7. NO CONTESTANTS ON THE INFIELD AREA:** All warm-ups are done in the warm-up area behind the visitors grand stand. Access to the Track is limited as well. I have the schedule of when you can warm-up on the track included.
- 8. CHECK IN LOCATION:** Southwest corner of the Track. Same location as we have checked in for our other meets. You should check when you hear the FIRST CALL for your event. Field Events check in at Location.

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WARM UP SCHEDULE

Friday, May 5, 2023

10:30 AM Stadium Available to Teams
10:30 AM Open Track Warmups
12:00 PM Stadium Available to Spectators
12:30 PM 100/110 M Hurdle Warm Up on Home Stretch – Blocks will be available
100 M Dash on Back Stretch – Blocks will be available
(All Other Warmups Move to Scheels Warm Up Area)

12:50 PM Clear Infield and Track (All Warmups Move to Scheels Warm Up Area)
12:55 PM Anthem

Friday, May 27, 2022

7:30 AM Stadium Available to Teams
7:30 AM Open Track Warmups
8:00 AM Stadium Available to Spectators
8:40 AM Clear Infield and Track (All Warmups Move to Scheels Warm Up Area)
8:55 AM Anthem
12:00 PM Open Track Warmups
12:30 PM 100/110 M Hurdle Warm Up on Home Stretch – Blocks will be available
100 M Dash on Back Stretch – Blocks will be available
(All Other Warmups Move to Scheels Warm Up Area)
12:50 PM Clear Infield and Track (All Warmups Move to Scheels Warm Up Area)

FRIDAY DISMISSAL TIMES (All other dismissed at the end of school)

11:04 Dismissal

Tate Larson
Clay Sonnenschein
Pete Belbas
Addie Budig
Claire Backstrom
Meredith Hruby
Jace Kramer
Caiden Mason
Damien Baldwin

Tim Bishop
Hailee Christensen
Olivia Delay

12:36 Dismissal

Max Bates
Porter Blake
Andrew Jensen
Ragyn Peska
Elsie Odney
Ella Weide
Bria Miller