

### **True Team Section 8AA Boys and Girls Track and Field Coaches and AD's**

Fergus Falls has been designated as the site for the 2025 Section 8AA Boys and Girls True Team Sectional. Fergus Falls has an 8 lane all weather polyurethane surface track that runs east - west with an artificial turf infield. The Long Jump, Triple Jump and Pole Vault runways are also polyurethane and also run east-west.

The date for the 8AA True Team Sectional meet will be Tuesday, May 9, 2023. The meet will be held at Fergus Falls High School. A coaches meeting will take place at 11:30am. A tentative schedule has been enclosed.

The Entry Fee as assigned by the Track Coaches Association will be \$85.00 per Girls/Boys team or \$170.00 for both teams. Section 8AA coaches have also agreed to add an additional fee to help offset the costs associated with hosting the meet. **With this in mind the entry fee will be \$105.00 per Girls/Boys team or \$210.00 for both teams. Registration and payment is due no later than Friday, April 4, 2025.** To register your teams for the meet, please fill out this short google form. [2025 True Team TF Registration](#). Checks for the entry fee must be sent to Mark Alcorn. 319 Barracuda Ave NE, Avon, MN 56310. Make the check out to Minnesota Track & Field True Team. Please email Mark if you have any questions about this process. [jmarkalcorn@gmail.com](mailto:jmarkalcorn@gmail.com). Registration fees must be paid and received by Mark on or before April 4th. **No late payments will be accepted.**

As in previous years each school must provide **two** knowledgeable adult workers to help run a field event (both boys and/or girls, depending on the number of teams) or time on the day of the meet. When the meet gets closer, an email will be sent requesting help during the meet. Areas that need coverage are: Long Jump, Triple Jump, Shot Put, Discus, High Jump, Pole Vault, timers (4 sets of 2 backup timers). Fergus Falls will provide FAT timing.

Randy Hansen of Fergus Falls will be the meet manager this year. Entry information will be sent in April. If you have questions please email or call. [rhansen@fergusotters.org](mailto:rhansen@fergusotters.org). 218-998-0544 x9778.

### **True Team Wild Card:**

The top team in each section will advance along with an additional 4 wild card teams determined from the 2nd-5th place teams in each section. The state true team meet will be held on Saturday, May 17, 2025 at Eden Prairie High School.

**8AA True Team Alignment for 2025:** (10 Teams) Detroit Lakes, Dilworth-Glyndon-Felton, East Grand Forks, Fergus Falls, Little Falls, Melrose, Park Rapids, Pequot Lakes, Perham, Thief River Falls,

## 8AA TRUE TEAM BOYS AND GIRLS TRACK AND FIELD MEET

Tuesday, May 6, 2025  
Fergus Falls High School

### TIME SCHEDULE:

11:30 a.m. COACHES MEETING -In front of the press box  
11:45 AM **Pole Vault** GIRLS FOLLOWED BY BOYS  
**High Jump** BOYS FOLLOWED BY GIRLS  
12:15 p.m. ALL OTHER FIELD EVENTS  
**Shot Put** - BOYS FOLLOWED BY GIRLS  
**Long Jump** - GIRLS - BOYS (same time separate pits)  
**Discus** - GIRLS FOLLOWED BY BOYS  
**Triple Jump** - BOYS - GIRLS (following long jump)

### 1:30 p.m. - RUNNING EVENTS FINAL

(G) 4 X 800 meter relay  
(B) 4 X 800 meter relay  
(G) 100 meter hurdles  
(B) 110 meter high hurdles  
(G) 100 meter dash  
(B) 100 meter dash  
(G) 4 X 200 meter relay  
(B) 4 X 200 meter relay  
(G) 1600 meter run  
(B) 1600 meter run  
(G) 4 X 100 meter relay  
(B) 4 X 100 meter relay  
(G) 400 meter dash  
(B) 400 meter dash  
(G) 300 meter low hurdles  
(B) 300 meter Int. hurdles  
(G) 800 meter run  
(B) 800 meter run  
(G) 200 meter dash  
(B) 200 meter dash  
(G) 3200 meter run  
(B) 3200 meter run  
(G) 4 X 400 meter relay \*  
(B) 4 X 400 meter relay \*

\*As agreed upon by 8AA Coaches the 4x400 relay will be redrawn based on the meet score going into the relay. The heat with the top 5 scoring teams will be run second.

## Work Assignments

	<b>Boys</b>	<b>Girls</b>
<b>Long Jump</b>		
<b>Triple Jump</b>		
<b>Shot Put</b>		
<b>Discus</b>		
<b>High Jump</b>		
<b>Pole Vault</b>		
<b>Finish Line</b>		

## Exchange Zone Assignments

### **4x100**

Zone 1:

Zone 2:

Zone 3:

### **4x200**

Zone 1 & 3:

Zone 2: