

St. Thomas Boy's Invitational

University of St. Thomas

Friday, April 28, 2017

Registration currently open at: <http://www.stthomastrack.com/HomeMeets>

Entries Entries are due Tuesday, April 25 at noon. Entries will be done online at: <http://raceberryjam.com/hsonlineentry.php>

Limits Please limit entries to 3 per event. Additionally, each team is allowed 3 wild card entries to place in the events of their choice.

Entry Fee \$150.00 per team. Please send your entry fee to the address below.

Make checks payable to the University of St. Thomas.

Send entry fee to:
St. Thomas Track and Field
Attn: Steve Mathre
2115 Summit Ave
St. Paul, MN 55105



Scoring 10-8-6-4-2-1

Coaches There will be a brief coaches meeting at 3:30PM. Scratches only will be taken unless an open lane/position is available. Team packets can be picked up at this time.

Awards T-Shirts awards will be given to the top-finishing athlete in each event, including all members of winning relay teams. Athletes may claim their T-Shirts at the north end of the press box.

Trainer A certified trainer will be on duty. Water and ice will be available.

Heat Sheets Heat/Section and Flight Sheets will be posted to the web by Thursday afternoon.

Starting Heights Starting heights for the high jump and pole vault will be determined by the event officials. Coaches are encouraged to provide input.

Check-In Athletes should check in with the Clerk of Course 15 minutes prior to their event. The Clerk will be located at the south end of the stadium on the outside of the track near the finish line. Athletes who do not check in are subject to being scratched from their event.

Hip Numbers Hip numbers shall be worn on the left hip by all athletes in running events that do not finish in lanes. Athletes will receive hip numbers from the Clerk when checking in for their event.

Results Results will be available within 20 minutes after the completion of the last event. Results will also be emailed directly to coaches and posted online.

Inclement Weather The indoor field house will be available for pole vault, high jump or team camps if necessary.

Questions Please contact Steve Mathre with questions.
samthre@stthomas.edu, 651-962-5915 office, 651-338-6723 cell

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Tentative Schedule

Start	FLTS	Field Event	
4:00 PM	2	Long Jump	
5:30 PM	2	Triple Jump	To begin immediately after Long Jump
4:00 PM	2	Discus	
5:30 PM	2	Shot Put	To begin immediately after Discus Throw
4:15 PM	1	Pole Vault	
4:15 PM	1	High Jump	

Start	SECT	Running Event	
4:45 PM	1	4 x 800M Relay	
5:00 PM	4	110M Hurdle	Prelims
5:15 PM	4	100M Dash	Prelims
5:33 PM	2	4 x 200M Relay	
5:42 PM	1	110M Hurdle	Final
5:45 PM	1	100M Dash	Final
5:49 PM	2	1,600M Run	
6:06 PM	2	4 x 100M Relay	
6:12 PM	4	400M Dash	
6:25 PM	4	300M Hurdles	
6:39 PM	3	800M Run	
6:51 PM	4	200M Dash	
7:04 PM	2	3,200M Run	
7:35 PM	2	4 x 400M Relay	

- All running event times are approximate. Events will not move ahead.
- Hip numbers are to be worn on the LEFT hip by athletes running in events that do not finish in lanes. Hip numbers should be picked up under the tent located at the South end of the track 15 minutes prior to the event.
- The 100m dash and 110hurdles will qualify top for finals by time only.
- T-Shirts for first place finishers and all four members of winning relay teams can pick.
- Fast Sections to run first.
- Top seeds in second flight.