

# The Showcase

University of St. Thomas  
Anderson Athletic and Recreation Complex

Friday, February 10, 2017

## MEET INFORMATION



**Teams** Co-ed: The size of the meet to be limited. Open until filled.

**Team Entries** Entries due Wednesday, February 8, at 10:00 AM.  
Entries to be made at [www.DirectAthletics.com](http://www.DirectAthletics.com)

**Team Entry Fee** \$150 per team per gender.

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### Unattached Athletes/ Entries:

Unattached entries to be emailed directly to [samathre@stthomas.edu](mailto:samathre@stthomas.edu). Unattached athletes will be accepted based on the competitiveness and accuracy of each entry. Only realistic and obtainable entries accepted. An unattached entry is a commitment to compete, yet not a guarantee of acceptance. Notification of acceptance via emailed and posted heat sheets at <http://stthomastrack.com/HomeMeets>. If accepted, \$10 payable to the Clerk.

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### Middle-Distance/ Distance Event Entries & Seeding

Speculative marks will be reviewed individually. Fast section preference given to athletes with TFRRS verifiable marks or conversions from recent race performances.

**Facility** Anderson Athletic and Recreation Complex.

- 200 meter Mondo Super X running surface (6 lanes on oval, 8 on straight).
- Mondo Sportflex spikable infield.
- Concrete in ground throwing circle with drop down safety net and movable doors.
- 10 x16 foot Daktronics video board with 8 position display.

**Spikes** Maximum ¼ inch (exposed) pyramid spikes only. Spikes to be checked prior to each event. Confirmation of legal spikes can be made with the Clerk in advance.

**Scoring** No scores.

**Eligibility** Open to all eligible collegiate and post collegiate athletes.

**Heat Sheets** Heat/Section and Flight Sheets will be emailed to coaches and posted online Wednesday afternoon. <http://stthomastrack.com/HomeMeets>

**Weigh In** All implements must be weighed prior to competition at the SE corner of the track.

**Opening Heights** Starting heights will be determined by the event officials. Coaches are encouraged to provide input.

**Hip Numbers** Hip numbers to be worn on the left hip by all runners. Athletes will receive hip numbers when checking.

**Trainers** Athletic trainers will be on duty.

**Questions** Meet Director Email: [samathre@stthomas.edu](mailto:samathre@stthomas.edu)  
Steve Mathre Office: 651.962.5915, Cell: 651.338.6723

**Schedule** A detailed time schedule to be created and published the Wednesday prior to the meet.

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## Tentative Schedule



### Start

### Field Events

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|         |                  |                                       |
|---------|------------------|---------------------------------------|
| 3:30 PM | Long Jump - W    | Men to follow                         |
|         | Triple Jump - M  | Men to follow                         |
|         | Weight Throw - W | Men to follow                         |
|         | Pole Vault - W   | Men to follow                         |
|         | High Jump - W    | Men to follow                         |
|         | Shot Put - W     | To follow Weight, Men to follow Women |

### Start

### Running Events

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|         |                   |        |
|---------|-------------------|--------|
| 4:00 PM | 4 x 200 Relay - W |        |
|         | 4 x 200 Relay - M |        |
|         | 3000M Run - W     |        |
|         | 3000M Run - M     |        |
|         | 60M Hurdles - W   | Prelim |
|         | 60M Hurdles - M   | Prelim |
|         | 60M Dash - W      | Prelim |
|         | 60M Dash - M      | Prelim |
|         | 1 Mile Run - W    |        |
|         | 1 Mile Run - M    |        |
|         | 60M Hurdles - M   | Final  |
|         | 60M Hurdles- W    | Final  |
|         | 400M Dash - W     |        |
|         | 400M Dash - M     |        |
|         | 60M Dash - W      | Final  |
|         | 60M Dash - M      | Final  |
|         | 1000M Run - W     |        |
|         | 1000M Run - M     |        |
|         | 600M Run - W      |        |
|         | 600M Run - M      |        |
|         | 800M Run - W      |        |
|         | 800M Run - M      |        |
|         | 200M Dash - W     |        |
|         | 200M Dash - M     |        |
|         | 5000M Run - W     |        |
|         | 5000M Run - M     |        |
|         | 4 x 400 Relay - W |        |
|         | 4 x 400 Relay - M |        |



[Detailed Schedule Created with Heat Sheets](#)