

# ST. THOMAS

TRACK & FIELD  
Grade Level  
*Indoor Select Meet*

- Date** Thursday, March 23, 2017
- About** The St. Thomas High School Indoor Select Meet is an indoor competition, showcasing some of Minnesota's established and emerging track and field athletes and teams.
- Events** 55M, 55H, 200M, 400M, 800M, 1600M, DMR, LJ, TJ, SP, HJ, PV
- Grade Levels Divisions** The Select Meet is an opportunity for senior, junior and sophomore (and under) athletes to compete in head to head grade-level competition (as numbers allow).
- Entries Details**
- Online Entry Process: <http://raceberryjam.com/hsonlineentry.php>
  - The Rolling Entry Process will open Monday, March 6 @ noon.
  - **Entries Will Close Wednesday, March 15 @ 12:00 Noon.**
  - **Individual entries based on 2016 outdoor performance.**
  - DMR Entry (400-1200-800-1600). One entry per school. Best 2015 individual performances added to determine entry time.
  - Name, event, and grade level requested during entry process
  - Fully Automatic times given preference. Hand times will be converted
  - Use best 2015 100m and 100/110 hurdle times for 55m and 55H entries
- Entry Fee** \$25 per entry. \$150 max per team (per gender).  
Check or cash mailed in advance or on site prior to the event.  
Payable to: University of St. Thomas  
Mail to: Track Coach Steve Mathre  
University of St. Thomas - 2115 Summit Ave - St. Paul, MN 55105
- Facility** Anderson Athletic and Recreation Complex. (Opened fall 2010)
- 200 meter Mondo SuperX running surface
  - Mondo Sportflex spikable infield.
  - Concrete in-ground throwing circle. Full drop down safety net.
  - 10 x 16 foot Daktronics video board with 8 position display.
- Spikes** Maximum ¼ inch (exposed) pyramid spikes only.
- Weigh In** All implements must be weighed prior to competition at the SE corner of the track.
- Trainers** Athletic trainers will be on duty throughout the meet.
- Questions** Steve Mathre - Email: [samathre@stthomas.edu](mailto:samathre@stthomas.edu)  
Office: 651.962.5915, Cell: 651.338.6723  
Results: <http://www.stthomastack.com/Select>



# ST. THOMAS

## TRACK & FIELD

Grade Level

### Indoor Select Meet

#### 55 Hurdles

4:00 PM Sophomore Girls  
 4:05 PM Sophomore Boys  
 4:10 PM Junior Girls  
 4:15 PM Junior Boys  
 4:20 PM Senior Girls  
 4:25 PM Senior Boys

#### 1600 M Run

4:30 PM Sophomore Girls  
 4:40 PM Sophomore Boys  
 4:50 PM Junior Girls  
 5:00 PM Junior Boys  
 5:10 PM Senior Girls  
 5:20 PM Senior Boys

#### 55 M Dash

5:25 PM Sophomore Girls  
 5:30 PM Sophomore Boys  
 5:35 PM Junior Girls  
 5:40 PM Junior Boys  
 5:45 PM Senior Girls  
 5:50 PM Senior Boys

#### 800 M Dash

6:00 PM Sophomore Girls  
 6:06 PM Sophomore Boys  
 6:12 PM Junior Girls  
 6:18 PM Junior Boys  
 6:24 PM Senior Girls  
 6:31 PM Senior Boys

#### 400 M Dash

6:40 PM Sophomore Girls  
 6:44 PM Sophomore Boys  
 6:48 PM Junior Girls  
 6:50 PM Junior Boys  
 6:54 PM Senior Girls  
 6:58 PM Senior Boys

#### 200 M Dash

7:04 PM Sophomore Girls  
 7:08 PM Sophomore Boys  
 7:12 PM Junior Girls  
 7:16 PM Junior Boys  
 7:20 PMS Senior Girls  
 7:20 PM Senior Boys

#### Distance Medley Relay

7:30 PM Combined Girls  
 7:45 PM Combined Boys

DMR - grade levels to compete as a combined event, with grade level champions determined upon completion.

#### Tentative Schedule

All times are approximate until final entries received and revised schedule created.

#### Combined Grade Levels

Events may combine if field sizes dictate. All times are approximate

#### Triple Jump

4:00 PM Sophomore Girls  
 ~ PM Junior Girls  
 ~ PM Senior Girls  
 6:00 PM Sophomore Boys  
 ~ PM Junior Boys  
 ~ PM Senior Boys

#### Long Jump

4:00 PM Sophomore Boys  
 ~ PM Junior Boys  
 ~ PM Senior Boys  
 6:00 PM Sophomore Girls  
 ~ PM Junior Girls  
 ~ PM Senior Girls

#### Shot Put

4:00 PM Sophomore Girls  
 ~ PM Junior Girls  
 ~ PM Senior Girls  
 6:00 PM Sophomore Boys  
 ~ PM Junior Boys  
 ~ PM Senior Boys

#### High Jump

4:00 PM Sophomore Girls  
 ~ PM Junior Girls  
 ~ PM Senior Girls  
 6:00 PM Sophomore Boys  
 ~ PM Junior Boys  
 ~ PM Senior Boys

#### Pole Vault

4:00 PM Combined Girls  
 5:45 PM Combined Boys

Pole vault to compete as a combined event, with grade level champions determined upon completion.

