

St. Thomas Invitational

University of St. Thomas

Anderson Athletic Complex

Friday, January 19, 2018

MEET INFORMATION



Entries Entries due Wednesday, January 17, at 12:00 Noon

Please register via www.DirectAthletics.com

Unattached entries to be emailed directly to samathre@stthomas.edu. Only realistic and obtainable entries accepted from unattached athletes. \$10 payable to the Clerk.

Entry Fee \$200 per team per gender / \$10 per athlete with a max of \$150.

TFRRS Athletes/rosters should be entered into TFRRS before entries are submitted for this meet. Official results will be reported to TFRRS by Meet Management.

Facility Anderson Athletic and Recreation Complex.

- 200 meter Mondo SuperX running surface (6 lanes on oval, 8 on straight).
- Mondo Sportflex spikable infield.
- Concrete in-ground throwing circle. Full drop down safety net with movable doors.
- Laser Measurement for the throwing events
- 10 x 16 foot Daktronics video board with 8 position display.

Gender Coed

Spikes Maximum $\frac{1}{4}$ inch (exposed) pyramid spikes only. Spikes to be checked prior to each event.

Scoring No scores will be kept.

Heat Sheets Heat/Section and Flight Sheets will be emailed to coaches and posted online Thursday afternoon.

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 offer input.

Hip Numbers Hip numbers to be worn on the left hip by all runners. Athletes will receive hip numbers when checking in at the SE corner of the infield.

Check- In Athletes should check in 15 minutes prior to their event at SE corner of the track.

Trainers Athletic trainers will be on duty throughout the meet.

Questions Steve Mathre
Email: samathre@stthomas.edu
Office: 651.962.5915, Cell: 651.338.6723
Results: TommieSports.com

Schedule A detailed time schedule to be created and published Thursday AM, January 21.

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Tentative Schedule

Start	Field Events	Flights
3:30 PM	Long Jump - M	-
PM	Long Jump - W	(W to follow M)
3:30 PM	Triple Jump - W	-
PM	Triple Jump - M	(M to follow W)
3:30 PM	Shot Put - M	-
PM	Shot Put - W	(W to follow M)
PM	Weight Throw - M	(M to follow W shot)
PM	Weight Throw - W	(W to follow M)
3:30 PM	Pole Vault - M	-
~5:00 PM	Pole Vault - W	(W to follow M)
3:30 PM	High Jump - M	-
~5:00 PM	High Jump - W	(W to follow)



Start	Running Events	Heats/Sections
4:00 PM	60M Hurdles - M	- Prelim
	60M Hurdles - W	- Prelim
	60M Dash - M	- Prelim
	60M Dash - W	- Prelim
	1 Mile Run - M	-
	1 Mile Run - W	-
	60M Hurdles - W	- Final
	60M Hurdles M	- Final
	400M Dash - M	-
	400M Dash - W	-
	60M Dash - M	- Final
	60M Dash - W	- Final
	1000M Run - M	-
	1000M Run - W	-
	600M Run - M	-
	600M Run - W	-
	800M Run - M	-
	800M Run - W	-
	200M Dash - M	Declaration Required
	200M Dash - W	Declaration Required
	3000M Run - M	-
	3000M Run - W	-
	4 x 400 Relay - M	-
	4 x 400 Relay - W	-