

ST. THOMAS

TRACK & FIELD
Grade Level
Indoor Select Meet

- Date** **Thursday, March 29, 2018**
- 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 March 5 @ noon.
 - **Entries Will Close Wednesday, March 21 @ 12:00 Noon.**
 - **Individual entries based on 2017 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 2017 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
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.

