

St. Thomas Time Trials

University of St. Thomas



2019 MEET INFORMATION

Available Sessions: March 25: Session 1 @ 12:00 PM, Session 2 @ 5:30 PM
March 26: Session 3 @ 12:00 PM, Session 4 @ 5:30 PM
March 27: Session 5 @ 12:00 PM, Session 6 @ 5:30 PM

Each session is intended to include 6 boys and 6 girls teams (total of 12 squads).

Objectives: To provide an early season competitive experience in a relaxed environment. Teams should consider booking more than one slot to accommodate large rosters that will well exceed entry numbers listed below. Most entry event numbers were increased in 2018, however please register for sessions and enter events accordingly.

Participation Agreement: Please download, complete and send agreement by March 12.

Facility Anderson Athletic and Recreation Complex (AARC).

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 x 16 foot Daktronics video board

Spikes Maximum $\frac{1}{4}$ inch (exposed) No pins. Pyramids or compression spikes only.

St. Thomas Provides: All related equipment, Starter, Clerk, event officials.

Attending Teams Provide: Each team per gender is asked to provide one volunteer to assist as needed. Coaches are responsible for counting laps and timing their athletes.

Check- In Athletes should check in 15 minutes prior to their event at the designated staging area. Schools/athletes will be assigned heats and lanes - with top performers running first (or early heats).

Start Times Field events will begin as listed. Running events on a rolling schedule

Field Events	Entries	Order	Details
Triple Jump	4	Co-ed Cafeteria	4 Jumps
Shot Put	4	Girls / Boys to follow	4 Throw
Long Jump	4	Co-ed Cafeteria	4 Jumps
High Jump	4	Boys / Girls to follow	
Pole Vault	4	Girls / Boys to follow	See Pole Vault details below.

Running Events	Entries	Order	Details
4 x 800 M Relay	2	Girls / Boys to follow	
55 M High Hurdles	6	Girls / Boys to follow	
55 M Dash	8	Girls / Boys to follow	
1600 M Run	4	Girls / Boys to follow	
4 X 200 M Relay	2	Girls / Boys to follow	
400 M Dash	4	Girls / Boys to follow	
800 M Run	4	Girls / Boys to follow	
200 M Dash	4	Girls / Boys to follow	
3200 M Run	4	Girls / Boys to follow	Co-ed unless field size dictates split
4 x 400 M Relay	2	Girls / Boys to follow	

Events Details

Proposed HJ Progression: Girls: 4' / 4'3 / 4'6 / 4'8 / 4'10 / 5'0 / 5'2 / Boys: 5'2 / 5'5 / 5'8 / 5'10 / 6'0 / 6'2 / ...

Pole Vault: NEW for 2018. PV will include a competition after an adequate warm-up period agreed on by attending coaches. Schools must provide an ADULT to supervise/coach their athletes. Each gender allocated two hours to complete their pole vault session (choosing progressions accordingly).

