

Welcome Meet
at St. Dominic High School
Thursday March 21, 2019

Participating Schools:

- Duchesne
- Gateway Science Academy
- Lutheran St. Charles
- St. Dominic
- Trinity
- Westminster
- Winfield

Registration

- Please register your entries online at <http://trxctiming.com/wp2/> for the St. Dominic Welcome Meet
 - Entries must be submitted by **Wednesday, March 20th , 2017 at 5:00 PM**
 - Coaches may edit their entries until **Thursday, March 21st, 2017 at 9:00 AM**
- Scratches will be handled at the Scratch Meeting
- **Varsity= may enter 4 individuals each event, 1 relay team**
- **JV=unlimited individual entries for each event, 2 relay teams**

Schedule

- There will be a scratch meeting/coaches meeting will be on the Northeast corner of the track by the Locker Rooms at 3:00 pm.
- Field Events will begin at 3:30pm.
- Running Events will begin at 4pm

Scoring

- We will score the Varsity portion as a normal meet
- LJ, TJ, Shot, Disc, Javelin- 4 attempts, no finals
- opening heights determined at scratch meeting
- When possible, JV and Varsity will be run together
- All events will be hand timed.
- This is a non-medal meet

Coaches

- Teams should provide 2 timers and 1-2 staff members to work field events/exchange zones/breaks. Assignments will be distributed at the coaches meeting. If you have a preference on a work assignment, please email Adam Kuebler at akuebler@stdominichs.org

Surfaces

- Surfaces require 1/4 inch spikes or less.

Team Camps

- Please do not establish a team area in the stands, near the pavilion, or in the courtyard. The Bleachers, Pavilion, and Courtyard are intended for spectators, and not team tents or camps.

Bus Drop Off & Parking

- Please ask your busses to park and drop off your team on the parking lot by the Gymnasium. Elaine Dr., the street that our stadium is located on. If you park on the Gym parking lot, your team can walk along the outside of the fence to the baseball field directly into the stadium.
- **No busses are allowed to park on the Stadium Parking Lot.**

Schedule

Coaches Meeting 3:00pm

Field Events: 3:30pm

Boys Pole vault---Girls will follow

Girls High Jump--- Boys will follow

Boys Shot put---Girls will follow

Girls Discus---Boys will follow

Girls and Boys Long Jump*--- Girls and Boys Triple Jump *

Boys Javelin*---- Girls will follow*

* Cafeteria Style, 90 minute time limit

Running Events: 4pm rolling schedule

4 x 800 relay

100/110 hurdles

100 dash

4 x 200 relay

1600 run

4 x 100 relay

400 dash

300 Int. hurdles

800 dash

200 dash

3200 run

4 x 400 relay

Contact Information

- If you have any questions, please do not hesitate to contact Kevin Roberts, Director of Athletics at kevinroberts@stdominichs.org or Ania Wyant at awyant@stdominichs.org .

We're looking forward to having you here for the St. Dominic Welcome Meet!