



St. Dominic

5/4/2024

3rd Preliminary

Meet Director: [Laura Bailey](#)

Entries: All entries must be done **NO LATER than May 2 by 9:00 AM**. No late entries will be accepted. [Online Entry Link](#)

Heat/Flight: [Click Here](#) to see heat and flight sheets

Timing: F.A.T. timing will be done by TRXC Timing. Live Results will be at <https://liveresults.trxctiming.com/>

Time	
7:00 AM	Event Setup
7:45 AM	Organizational Meeting for Coaches
8:15 AM	Meeting for Field Event Volunteers
8:30 AM	Field Events open for warmups/Bullpen volunteers report to field
8:45 AM	First Call for 1600 meter runners to field
8:50 AM	Welcome, Opening prayer & National Anthem

Every effort is made to run the meet smoothly and on schedule. If the meet runs ahead of schedule, it will be allowed to continue to run ahead of schedule, up to one hour ahead of the times stated in the event schedule shown above.

Participants should be at the track, ready to participate, a minimum of one hour prior to the scheduled start of their event. Participants who miss the start of their event will be scratched from the event. They will not be allowed to run with another age group

St. Dominic High School

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Running Events	Age Groups
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Girls compete first unless noted

9:00 AM	1600 Meter Run	8-9, 10-11, 12-13, 14-15
10:00 AM	100 Meter Dash	7U, 8-9, 10-11, 12-13, 14-15
11:00 AM	50 Meter Dash	7U
11:30 AM	200 Meter Dash	7U
11:45 AM	400 Meter Relay (4x100)	8-9, 10-11, 12-13, 14-15
12:45 PM	4000 Meter Dash	8-9, 10-11, 12-13, 14-15
1:45 PM	800 Meter Relay (4x200)	8-9, 10-11, 12-13, 14-15
2:45 PM	800 Meter Run	8-9, 10-11, 12-13, 14-15
3:45 PM	200 Meter Dash	8-9, 10-11, 12-13, 14-15
4:30 PM	1600 Meter Relay (4x400)	8-9, 10-11, 12-13, 14-15

Field Events	Age Groups
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9:00 AM	Standing Long Jump	7U, 8-9	Girls & Boys same time
9:00 AM	Softball Throw	7U	Girls & Boys same time
9:00 AM	Shot Put	10-11	Girls compete first
9:00 AM	High Jump	10-11	Girls compete first
9:00 AM	Running Long Jump	14-15	Girls & Boys same time
10:00 AM	Shot Put	12-13	Girls compete first
10:00 AM	Running Long Jump	10-11	Girls & Boys same time
10:30 AM	Softball Throw	8-9	Girls & Boys same time
11:00 AM	Shot Put	14-15	Girls compete first
11:00 AM	High Jump	12-13	Girls compete first
11:00 AM	Running Long Jump	12-13	Girls & Boys same time
12:00 PM	High Jump	14-15	Girls compete first