



**Meet Director:** [Laura Bailey](#)

**Entries:** All entries must be done **NO LATER than May 4<sup>th</sup> 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/>

*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

5/6/2023

## 3rd Preliminary



<b>Time</b>	
7:00 AM	<b>Event Setup</b>
8:00 AM	<b>Organizational Meeting for Coaches</b>
8:30 AM	<b>Field Events open for warmups</b>
8:50 AM	<b>Welcome, Opening prayer &amp; National Anthem</b>

Running Events	Age Groups
----------------	------------

		Girls compete first unless noted
		8-9, 10-11, 12-13, 14-15
9:00 AM	1600 Meter Run	7U, 8-9, 10-11, 12-13, 14-15
10:00 AM	100 Meter Dash	8-9, 10-11, 12-13, 14-15
11:00 AM	400 Meter Relay (4 X 100)	8-9, 10-11, 12-13, 14-15
12:00 PM	400 Meter Dash	7U
1:00 PM	50 Meter Dash	8-9, 10-11, 12-13, 14-15
1:30 PM	800 Meter Relay (4 x 200)	8-9, 10-11, 12-13, 14-15
2:30 PM	800 Meter Run	7U, 8-9, 10-11, 12-13, 14-15
3:30 PM	200 Meter Dash	8-9, 10-11, 12-13, 14-15
4:30 PM	1600 Meter Relay (4 x 400)	

Field Events	Age Groups	
--------------	------------	--

9:00 AM	Standing Long Jump	7U, 8-9	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 compete first
10:00 AM	Shot Put	12-13	Girls compete first
10:00 AM	Running Long Jump	10-11	Girls compete first
11:00 AM	Shot Put	14-15	Girls & Boys same time
11:00 AM	High Jump	12-13	Girls compete first
12:00 PM	Running Long Jump	12-13	Girls compete first
1:00 PM	High Jump	14-15	Girls compete first
	Softball Throw-immediately following 7U 100 meter dash	7U	Girls & Boys same time
	Softball Throw-immediately following 8-9 4x100 meter relay	8-9	Girls & Boys same time