

O'Fallon City Meet
at St. Dominic High School
Saturday March 16, 2024

Registration

- Please register your entries online at [MileSplit](#) for the O'Fallon City Quad
 - Entries must be submitted by **Thursday, March 14th, 2024, at 5:00 PM**
 - Coaches may edit their entries until **Friday, March 15th, 2024, at 9:00 AM**
- Question about registration email [Paul Golian](#) – TRXC Timing
- 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 9:00am.
- Field Events will begin at 9:30am.
- Running Events will begin at 10am

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
- Timing will be done by [TRXC Timing](#)
- [Click Here](#) to see heat and flight sheets
- This is a non-medal meet

Coaches

- Teams should provide 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 Blake Markway at bmarkway@stdominichs.org

Surfaces

- Surfaces require 1/4 inch spikes or less.

Team Camps

- Please set up team camps in the oak grove (see map)
- 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 buses to drop off your team in the parking lot by the Gymnasium. Elaine Dr., the street that our stadium is located on. Please park your buses near the tennis

courts to allow for spectator parking by the stadium. **No buses are allowed to park in the Stadium Parking Lot.**

Schedule

Coaches Meeting 9:00am

Field Events: 9:30am

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: 10:00am 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@st dominichs.org or Sarah Summers at ssummers@st dominichs.org .

We're looking forward to having you here for the O'Fallon City Meet!



