



## GISL Meet at St. Dominic High School

*Wednesday April 22, 2026*

### Registration

- Please register your entries online at [Athletic.net](https://athletic.net)
- Need help registering? [MSHSAA Athletic.net Help Sheet](#)
- Questions about entries? Reach out to [paul@trxctiming.com](mailto:paul@trxctiming.com)
- **Teams may enter 3 individuals each event and 1 relay team.**
- **Entries must be submitted by Wednesday, April 22nd, 2026 at 9:00 AM CST. No late entries will be accepted. Scratches only at the coaches meeting.**
- Heat/flight sheets: [Click here.](#)
- Live results: [Click here.](#)

### Schedule

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

### Scoring

- LJ, TJ, Shot, Disc, Javelin - 4 attempts, no finals.
- Opening heights will be determined at the coaches meeting.
- Timing will be done by TRXC Timing.

### Awards

- Medals will be distributed for the top three places for each event.
- All medals and team awards will be available in the Press Box at the conclusion of the Invitational.

### Coaches

- Hospitality Room will be available
- We will need help with some field events. If you have a preference on a work assignment, please email Adam Kuebler ([akuebler@stdominichs.org](mailto:akuebler@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 busses to drop off your team at the stadium parking lot. Please park your buses off of N Central Avenue on the second parking lot on the left (see map). **No buses are allowed to park in the Stadium Parking Lot.**

### Schedule

Coaches Meeting - 3:00pm

Field Events - 3:30pm

<b>Round 1</b> (3:30pm)	<b>Round 2</b> (follows round 1)
High Jump	
Javelin*	
Long Jump*	Triple Jump*
Shot Put	Discus
Pole Vault	

\* Cafeteria Style, 90 minutes

### Running Events - 4pm

4:00 4 x 800 relay  
 4:20 100/110 hurdles  
 4:30 100 dash  
 4:40 4 x 200 relay  
 5:00 1600 run  
 5:15 4 x 100 relay  
 5:25 400 dash  
 5:40 300 Int. hurdles  
 5:55 800 dash  
 6:05 200 dash  
 6:15 3200 run  
 6:35 4 x 400 relay

**We may run behind this schedule but not ahead of schedule.**

### Contact Information

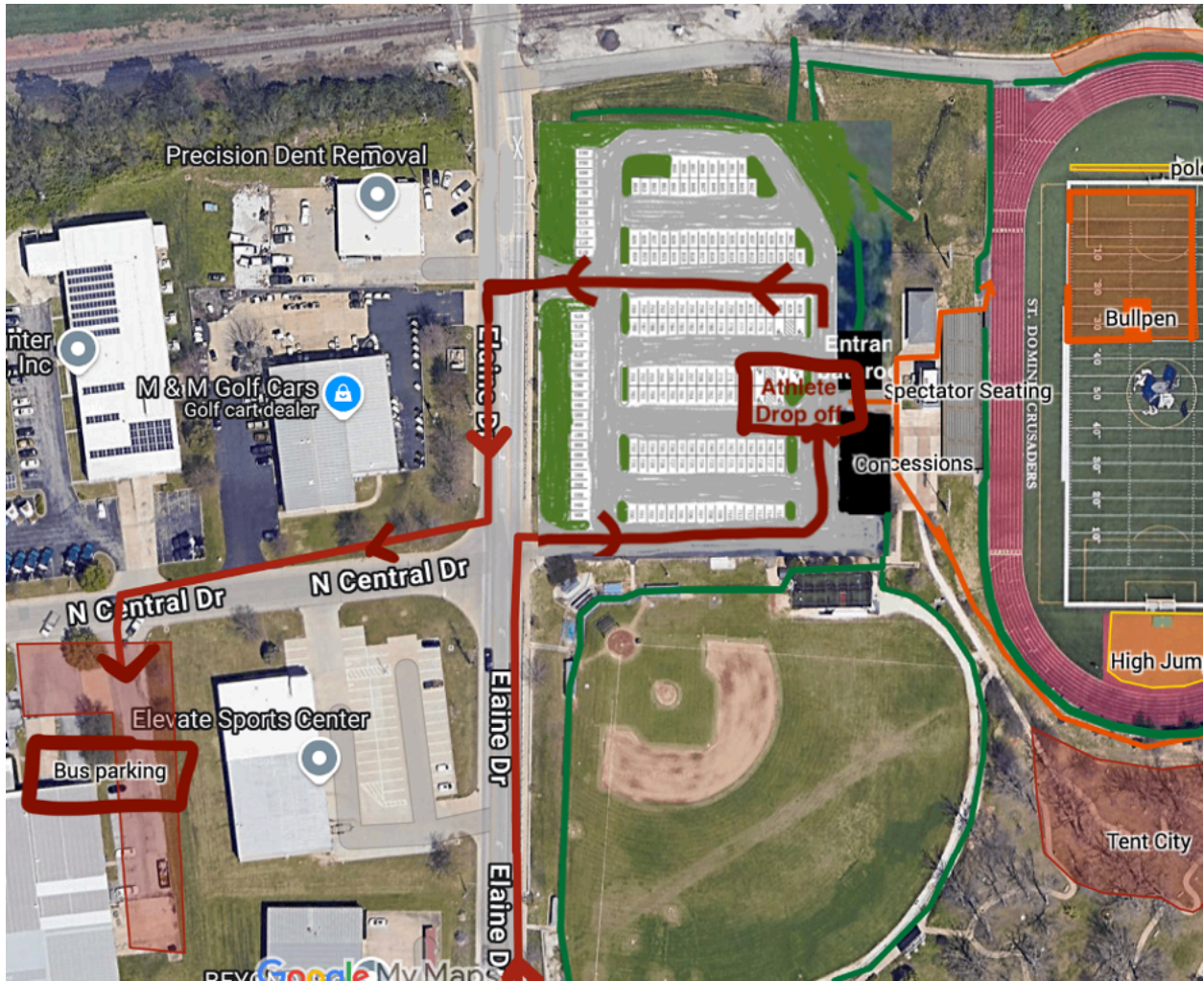
If you have any questions, please do not hesitate to contact Kevin Roberts, Director of Athletics at [kevinroberts@stdominichs.org](mailto:kevinroberts@stdominichs.org) or Sarah Summers at [ssummers@stdominichs.org](mailto:ssummers@stdominichs.org) .

We're looking forward to having you here for the GISL Meet!





### Bus Drop Off/Parking



**NO  
Christmas  
Tree Spike  
Pins**



**1/4"  
Pyramid  
"Cone Shape"  
Only**



**NO  
Needle  
Spike  
Pins**





# Events Map

