



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? [MSHAA Athletic.net Help Sheet](#)
- Questions about entries? Reach out to paul@trxctiming.com
- **Teams may enter 3 individuals each event and 1 relay team.**
- **Entries must be submitted by Tuesday, April 21st, 2026 at 5:00 PM. No late entries will be accepted. Scratches only at the coaches meeting.**
- **Coaches may edit their entries until Wednesday, April 22nd, 2026 at 9:00 AM.**
- 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)

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

Round 1 (3:30pm)	Round 2 (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

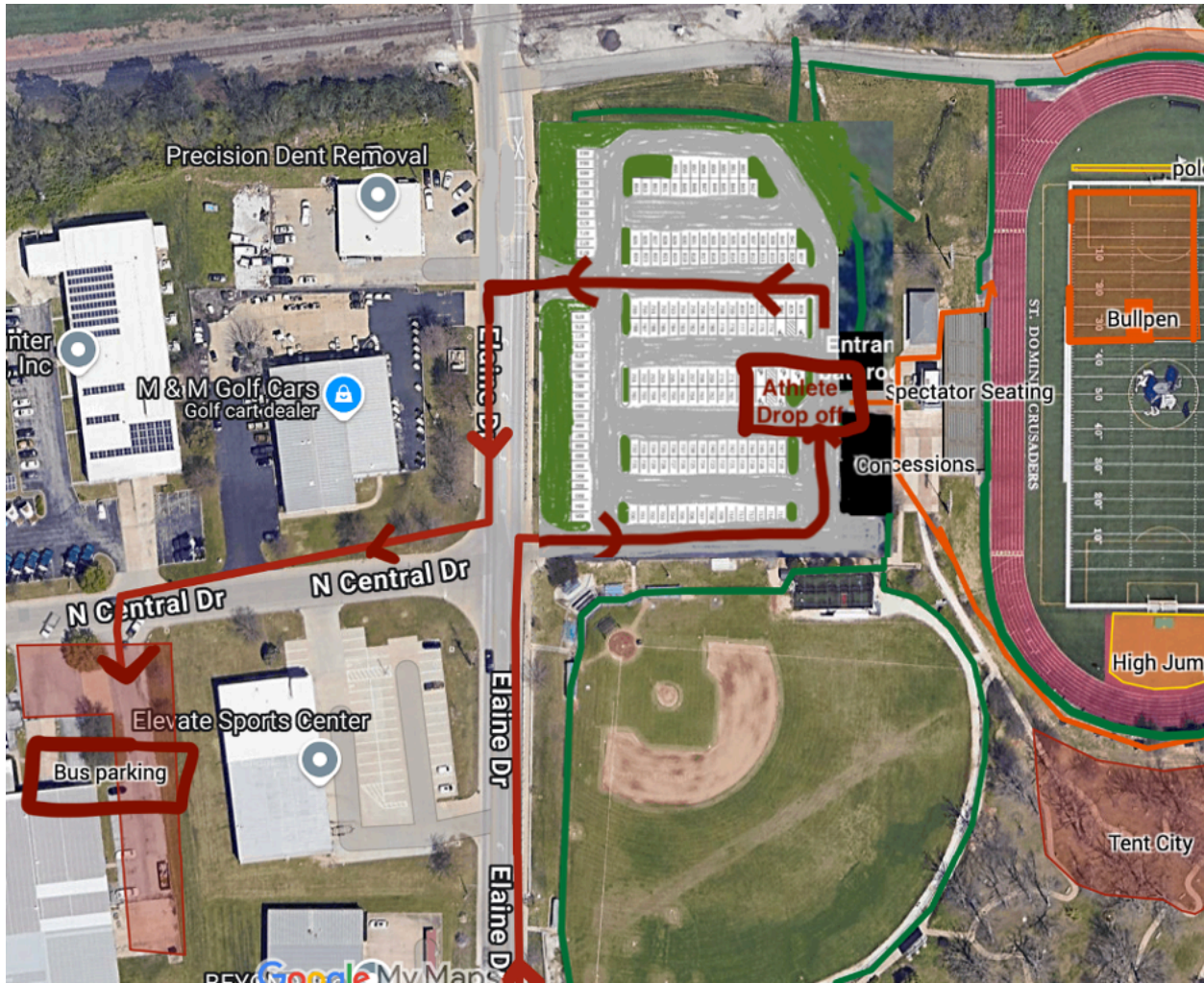
If you have any questions, please do not hesitate to contact Kevin Roberts, Director of Athletics at kevinroberts@stdominichs.org or Sarah Summers at ssummers@stdominichs.org.

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

