



Notre Dame Frozen Invitational

Date: Saturday, March 20th, 2021

Site: Notre Dame Regional High School

Time: **8:00 AM- Scratch Meeting** (Scratches only, no additions or subs)
8:30 AM- All Field Events Start (More details on gender order below)
8:30 AM- Running Events start (no preliminaries, fast heat last).

We will roll the schedule if necessary

Cost: **\$175 per Boy's team, \$175 per Girl's team. \$300 for Both.** Checks should be made out to Notre Dame Regional High School and sent to Jeff Graviett, Athletic Director at 265 Notre Dame Drive, Cape Girardeau Mo, 63701.

Audience Admission: \$5.00 for adults / \$3.00 for children

Entries: **Notice Change: We will now have a limit of 3 athlete entries in all track & field events (rather than the open entry style we hoped for). Schools are now allowed 2 relay teams per gender (rather than 3). Athletes will still be limited to 4 events, max. I do apologize for the change in athlete participation, but we are doing our best to keep everyone safe while still trying to run a quality meet. We are including a DMR instead of the 4x800 and the SMR to the events list as a way to increase chances for kids to attend and try different events early in the year.**

Coaches can manage their entries until Friday, March 18 at 9 AM (CST) at [Milesplit](#)

Timing: FAT timing will be handled by TRXC Timing

Field Events: **Girls will Long jump, High Jump, Pole Vault, & throw Disc First.**
Boys will Triple Jump, throw Shot and Javelin First.

Long/Triple/Shot/Disc/Javelin will all have minimum distance marks. If an athlete does not reach the mark their attempt will not be measured.

- **Long and Triple Jump:** Cafeteria Style; No prelims (**2.5 hours to complete jumps**)
- **High Jump:** Boys will start at 5'0''/ Girls will start at 4'0'' and move up 2'' at a time. **No Prelims.**
- **Pole Vault:** Girls will start at 7'0'' and move in 6'' increments. Boys will start at 9'0'', move to 10', and then 6'' increments after that.
- **Throws:** All throws are expected to be flighted. **No Prelims.**

Results: Results will be available online at [TRXC Timing](#) & Milesplit as soon as possible after the meet concludes.

Distance Events: **800** will be alley starts with 16 per heat.

1600 & 3200 will be a waterfall start with all competitors in one heat (one race for boys, one for girls), unless it is necessary to have more than one heat.

Equipment: ¼ inch spikes only.

-Throwing implements will not be pooled due to Covid. Athletes will also be required to retrieve their own throws, or designate a teammate to help retrieve it. and available for all to use at site.
No weigh in



-There will be no equipment weigh-ins at this meet to help decrease large gatherings.

Hospitality: Coaches and Bus Drivers will get a meal ticket during the coaches meeting that can be used at concessions anytime.

Concessions: Concessions will be sold by the track shed. If it rains, concessions will be sold from the main entrance to the school.

Scoring: Individuals and Relay Events – 10,8,6,5,4,3,2,1

Team Scoring: There will be First place plaques awarded for both the Boys and Girls teams overall.

Officials: TBD

Teams Attending: ND, Jackson, Cape Central, Festus, Desoto, Rockwood Summit, Dexter, Saxony, Kelly, Zalma, Malden, Charleston, Greenville, Ste. Genevieve, Northwest Boys, Delta

Games Committee: ND, Jackson, Saxony, Festus, Cape Central

Exchanges: 4x1- Dexter/St. Gen, 4x2- Jackson/Cape Central, Sprint medley- Festus/Desoto

Time Schedule 2020 (we will roll the schedule if necessary)

Notice Change

8:00 a.m. Scratch / Coaches Meeting in the track shed upstairs

8:20 a.m. National Anthem

8:30 a.m. All Field Events Start

Girls Long Jump
Boys Triple Jump

Girls High Jump
Boys Shot Put

Girls Pole Vault
Boys Javelin

Girls Disc

Athletes will have 2.5 hours to complete their jumps/throws. Second rounds to follow ASAP but will not start before 11:00 AM

8:30 a.m. **Girls DMR- 1200/800/400/1600**
Boys DMR- 1200/800/400/1600

9:30 a.m. **Girls 100m Hurdles**
Boys 110m Hurdles

10:00 a.m. **Girls 100m**
Boys 100m

10:30 a.m. **Girls 4x200m Relay**
Boys 4x200m Relay

11:00 a.m. **Girls 1600m**
Boys 1600m

11:30 a.m. **Girls 4x100m Relay**
Boys 4x100m Relay



12:00 p.m. **Girls 400m**
 Boys 400m

12:30 p.m. **Girls 300m Hurdles**
 Boys 300m Hurdles

1:00 p.m. **Girls SMR- 100/100/200/400**
 Boys SMR- 100/100/200/400

1:30 p.m. **Girls 800m**
 Boys 800m

2:00 p.m. **Girls 200m**
 Boys 200m

2:30 p.m. **Girls 3200m**
 Boys 3200m

3:20 p.m. **Girls 4x400m Relay**
 Boys 4x400m Relay

Awards will be available for pick up in the press box at the conclusion of the meet.

Questions: Ryan Long ryanlong@notredamecape.org (573) 380-8587

Entry Questions: Rich Schilling @ TRXC TIMING COMPANY Phone number (314) 522-6176

Jeffrey Oncken @ setup.milesplit@gmail.com (210) 618-6000