

**Welcome Meet**  
**at St. Dominic High School**  
*Thursday March 30, 2023*

Registration

- Please register your entries online at **Online Entry Link**
  - Entries must be submitted by **Wednesday, March 29<sup>th</sup> 2023 at 5:00 PM**
  - Coaches may edit their entries until **Thursday, March 30<sup>th</sup>, 2023 at 9:00 AM**
- 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 3:10pm. (please don't arrive before 2:50 pm)
- Field Events will begin at 3:30pm.
- Running Events will begin at 4pm

[Click Here](#) to see heat and flight sheets

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
- **All events will be timed by TRXC Timing.**
- 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](mailto: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 busses to drop off your team on the parking lot by the Gymnasium. Elaine Dr., the street that our stadium is located on. Please park your busses up near the

tennis courts to allow for spectator parking by the stadium. **No busses are allowed to park on the Stadium Parking Lot.**

### Schedule

**Coaches Meeting**      **3:10pm**

**Field Events:**      **3:30pm**

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:**      **Rolling schedule**

**4:00pm**

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@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 St. Dominic Welcome Meet!



