

Saint Mary's Snow Day Invite
Gostomski Fieldhouse at Saint Mary's University – Winona, MN
Monday, March 30th, 2020

- Teams:** Pine Island, G-E-T, D.C Everest, Cashton, Rochester John Marshall, Cotter
- Time:** Coaches meeting will be held at 3:30, field events begin at 4:00 pm and running events at 4:30. Events will be run on a rolling schedule.
- Entry:** Entries will open on Wednesday, March 25th at 8:00 AM and will close at 8pm Saturday, March 28th. Please visit the site well enough in advance so you have adequate time in case there are questions.
- The entry fee is \$300 per school \$150 Boys/\$150 Girls – **make checks payable to Saint Mary's Track & Field/Niels Anderson**
- Facility:** The facility includes a 200 meter Martin surface. The throws circle is wood. The long/triple jump and pole vault runways allow for ¼ inch pyramid spikes. There are no spikes allowed on the blue recreation surface which includes the high jump area.
- Spikes:** ¼ inch pyramids only. **DO NOT WEAR SPIKES ANYWHERE BUT ON THE TRACK and RUNWAYS.** Please use this as a teaching moment to your track team!
- Scoring:** This is a non-scored meet. No finals. No awards. It is intended to give kids an early opportunity to compete.
- PV/HJ:** Opening heights will be determined at coaches meeting. No spikes allowed in infield.
- Admission:** \$5 Adults \$3 Students 12 and under free
- Contacts:** Niels Anderson – Head Track and Field Coach, Saint Mary's
(608) 397 – 9648 or nanderso@smumn.edu
Kody Michaels – Assistant Track and Field Coach, Saint Mary's
(608) 780 -8691 or kmichael@smumn.edu

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3:30 Coaches Meeting

4:00 Girls HJ – followed by boys
Boys PV – followed by girls
Boys Shot – followed by girls (3 throws)
Long Jump – Boys and Girls open pit from 4:00-5:30 (3 jumps)

4:30 Running Events

Triple Jump – Boys and girls open pit following the long jump (3 jumps)

Order of Events

We will operate on a rolling time schedule. Athletes need to listen for race calls and announced start times for field events

4 x 800 M Relay
55 M Hurdles
55 M Dash
1600 M Run
Sprint Medley Relay (200 / 200 / 400 / 800)
400 M Dash
800 M Run
200 M Dash
4 x 400 M Relay