

St Johns / Central Minnesota Invite Indoor High School Meet  
The Donald McNeely Spectrum March 27, 2025

Team Information -

- Entry information at [www.athletic.net](http://www.athletic.net) –
  - o Entries Due by March 26<sup>th</sup>, 6pm.
  
- Timing
  - o Heat sheets/results will be e-mailed out and posted on <http://www.herostiming.com>.
  - o Live Results will be posted on Hero's timing.
- Admission: The meet will be open to the public – no cost for entry – may have to pay to park.
- Team Camps & Warm-Up Area: Infield area and halls outside track facility.
- Event Check In Area:
  - o Track Athletes - Check in 15 minutes prior to your event at the Clerking Area for numbering.
  - o Five minutes prior to your event, report to the clerk of the course at the event start area.
  - o Field Event Athletes - Contestants should check-in with the head official at their event, no later than 30 minutes prior to their event. Shot put will be in flights, vault and high jump will jump 5 alive, horizontal will be cafeteria.
- Meet workers:
  - o Each school will be assigned a field event, Three schools will divide up the meet work. iPads will be used to record field event marks provided by Hero's Timing. Wayzata will clerk and start races in addition to a field event. Wayzata will bring hip numbers.

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5:00 PM field event warmup and run throughs

5:30 PM Long jump (boys & girls together)  
High Jump (girls first)  
Shot put (boys first)-  
Pole Vault (boys first)

Approx. 6:30 start for warmups:

Triple Jump (boys & girls together)  
High Jump (Boys)  
Shot put (Girls)-  
Pole Vault (Girls)

**5:00pm – Fieldhouse open for warmup**

**5:30PM – Running time schedule.**

**4 x 800 meter relay - Two teams per school – 6 total teams.**

**60m hurdles**

**60 meter dash**

**1600 meter run (2-3 Heats based on entries)**

**4 x 200 meter relay -Two teams per school – 6 total teams.**

**400 meter dash**

**800 meter run**

**200 meter dash**

**7:45PM 4 x 400 meter relay - Two Teams per school**

**Girls will follow Boys in all running events:**

Heat sheets and live results will be posted on [HerosTiming.com](http://HerosTiming.com)