

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

Team Information -

- Entry information at www.athletic.net –
 - Entries Due by March 26th, 6pm.
 - *no limit on entries but try to keep it no higher than 8-12 entries per event. Athletes entered should be varsity caliber or close to varsity 2 relays team allowed in 4x200, 4x400. It is an 8 lane track, so if you want a 3rd relay in the 4x200 and 4x400 we have room.*
- Timing
 - Heat sheets/results will be e-mailed out and posted on <http://www.herostiming.com>.
 - 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:
 - Track Athletes - Check in 15 minutes prior to your event at the Clerking Area for numbering.
 - Five minutes prior to your event, report to the clerk of the course at the event start area.
 - 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:
 - Each school will be assigned a field event, Three schools will divide up the meet work. ipads will be used to record fields 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 first)

High Jump (girls first)

Shot put (boys first)-

Pole Vault (boys first)

Triple Jump (girls first)

Approx. 6:30 start for warmups:

Long jump (Girls)

High Jump (Boys)

Shot put (Girls)-

Pole Vault (Girls)

Triple Jump (Boys)

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