

STMA Tri Meet

Thursday, May 7, 2026 @ 4:00pm

@STMA High School

*Visiting Teams - please do not enter our facility until after 3:20 - thanks!

Teams: STMA, Buffalo, and Minnetonka

1. ***1/4" Pyramid Spikes*** are allowed on the track and in the activity center.
No spikes anywhere outside the activity center.
2. No concessions available.
3. ***Unlimited entries*** - follow MSHSL limits per individual.
4. STMA will staff all events.

Order of Events: (Running events will start at 4:00)

100/110 Hurdles
100 Dash
1600 Run
4 x 100 Relay
400 Dash
300 Hurdles
800 Run
200 Dash
Co-Ed 3200
4 X 400 Relay

* Running event order will be ***Girls followed by Boys***

* Running events will be the ***fastest heat first***

Field Events: (Field events will start at 4:00)

Boys Shot Put followed by Girls (cafeteria style - 4 throws each)
Girls Discus followed by Boys (cafeteria style - 4 throws each)
Girls & Boys Pole Vault together starting at 5'0" (***Boys enter at 7'0"***)
Boys High Jump followed by Girls
Girls & Boys Triple Jump (4:00-5:15 cafeteria style - 4 jumps each)
Girls & Boys Long Jump (5:30-end start of the 4x400; cafeteria style - 4 jumps each)

High Jump Starting Height: Boys-4'8" up 2" each attempt Girls-3'10" up 2" each attempt

Pole Vault Starting Height: Boys-7'0" up 1" first attempt then 6". Girls-6'0" up 1" first attempt then 6".

Scoring (3 teams) - Individual events 5-3-2-1; Relays 5-3

Rosters: Please enter your roster on the following spreadsheet by Tuesday, 5/5 at 8 PM (see tabs at the bottom of the sheet for the appropriate team) 5.7.26 @ STMA - Team Rosters - ALL