24th Annual Saint Mary's Invitational TRACK AND FIELD MEET - O'Neill High School Track Complex Wednesday, April 21, 2021 - 9:00 AM

BOYD COUNTY SPARTANS CWC RENEGADES ELGIN/POPE JOHN WOLF PACK NIOBRARA-VERDGIRE COUGARS

PLAINVIEW PIRATES RIVERSIDE CHARGERS SANTEE WARRIORS SAINT MARY'S CARDINALS SPALDING ACADEMY SHAMROCKS

Scratch / Add Sheets turned in at 8:30

FIELD EVENTS SESSION

| TIME | | EVENT | SCHOOL RESPONSIBLE |
|--------|----|--|-------------------------|
| 9:00 | AM | Boys Shot Put | Boyd County |
| *10:00 | AM | Boys Discus (follows girls discus) | EPPJ |
| 9:00 | AM | Girls Discus | CWC |
| *10:00 | AM | Girls Shot Put (follows boys shot put) | Boyd County |
| 9:00 | AM | Girls Long Jump | St. Mary's |
| *10:00 | AM | Girls Triple Jump (follows boys triple jump) | St. Mary's |
| 9:00 | AM | Girls High Jump | St. Mary's |
| 10:00 | AM | Girls Pole Vault | St. Mary's |
| *10:00 | AM | Boys High Jump (follows girls high jump) | St. Mary's |
| 9:00 | AM | Boys Pole Vault | St. Mary's |
| 9:00 | AM | Boys Triple Jump | St. Mary's |
| *10:00 | AM | Boys Long Jump (follows girls long jump) | St. Mary's |
| | | | (Requires Student Help) |

*-(Indicates optimistic starting time - Actually begins after other event is completed)

Top Eight advance to finals, which follow prelims immediately

| MORNING TRACK SESSION | | GIRLS RUN FIRST, BOYS WILL FOLLOW | |
|-----------------------|--|--|---|
| <u>Time</u> 10:30 | AM- **. **. **. **. **. | Event (Either a Pre-Lim or a Final) 3200 Meter Relay <u>FINALS</u> 100 Meter Int. Hurdles Girls Prelims 110 High Hurdles Boys Prelims 100 Meter Dash Prelims 400 Meter Dash <u>FINALS</u> 3200 Meter Run <u>FINALS</u> 200 Meter Dash Prelims | <u>Timing / Picking (For All Races)</u> 1 st - St. Mary's 2 nd - Riverside 3 rd - Plainview 4 th - Santee 5 th - Niobrara-Verdigre 6 th - CWC 7 th – Spalding Academy 8 th – Boyd County/St. Mary's |

Relay Exchanges

St. Mary's, St. Mary's, Riverside

**- Heat winners plus the next fastest times

Note- It would help to have pickers as well as timers if you have enough coaches available

| FINALS TRACK SESSION | | GIRLS RUN FIRST, BOYS WILL FOLLOW | |
|--|-------------------------------------|-----------------------------------|--|
| ====================================== | 100 Meter Int. Hurdles Girls FINALS | | |
| - | 110 Meter High Hurdles Boys FINALS | | |
| - | 100 Meter Dash FINALS | | |
| - | 800 Meter Run FINALS | | |
| - | 300 Meter Low Hurdle Girls FINALS | | |
| - | 300 Meter Int. Hurdle Boys FINALS | | |
| - | 200 Meter Dash FINALS | | |
| - | 1600 Meter Run FINALS | | |
| - | 400 Meter Relay FINALS | Jury of Appeals: Tony Allen, | |
| - | 1600 Meter Relay FINALS | Donna Benson, and Carter Camp | |

Entry Forms must be <u>received</u> at Saint Mary's High School by **Friday**, **April 16**, **2021** (Fax- 402-336-1281) **Fee is \$130.00 per school** (covers both Girls and Boys Teams)- Please include with entry. Champion and Runner-up trophies will be awarded for Boys Teams and for Girls Teams. Six places will receive medals in all events- Athletes must use 1/8" Pyramid Spikes