

2019 USATF Minnesota All Ages Indoor Track & Field Meet #3 (January 13, 2019)

University of St. Thomas

2115 Summit Ave

Saint Paul, Minnesota

10:00 AM - 2:00 PM

(on-site registration begins at 9:00 AM)

Cost: \$20 (2019 USATF members pay only \$15 for the meet; 2019 USATF memberships may be purchased at the door or in advance by visiting <http://www.minnesota.usatf.org/Membership/Join.aspx>. 2019 USATF adult memberships cost \$30 and youth memberships cost \$20. In addition to the discount for this meet, membership is required for the Association Indoor Championships and other discounts are available to members throughout the year.)

Eligibility: All Ages. Open to non-USATF members and USATF members. While it is not required that participants have current USATF memberships, a \$5 discount is provided to 2019 USATF members.

Entry: Day of meet registration will be available starting at 9:00 AM in the hallway outside of the track. The track is not available for warm-up until 9:30 AM. All participants must sign an entry waiver. Athletes under age 18 need a parent or guardian signature. Youth athletes should bring a copy of proof of age (copy of birth certificate, passport, driver's license or driver's permit) **if their date of birth is not already verified** in the USATF database. Entries accepted in advance or at the event. Advance entry and payment mailed to:

USATF Minnesota
960 Douglas Road
Mendota Heights, MN 55118.

Checks made payable to USATF Minnesota.

Equipment: Pole vault will be contested. Vaulters must supply their own poles. Spikes of ¼ inch or shorter are permitted on the track.

Directions: A campus map of the University of St. Thomas is available at

<https://www.stthomas.edu/campusmaps/stpaul/>

The Anderson Athletic and Recreation Center is #22 on the campus map. The University of St. Thomas is located at 2115 Summit Ave, Saint Paul, MN. **Park in designated areas only.** Enter the facility through the EAST entrance.

Questions: Meet director Craig Yotter at office@usatfmn.org or call 651-330-8847.

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Schedule of Events: A rolling schedule for track events will be used. Athletes may participate in any event and simply need to report to the clerk for the track events or to the field event area at the appropriate time. It is the responsibility of the athlete to report to an event in a timely manner. Athletes not present at their time to compete in the high jump or who miss their age group competition will not be provided an opportunity to compete. **No refunds provided.**

First track event at 10:00 AM - Rolling schedule

55 Meter Hurdles

55 Meter Dash

1 Mile Run/Race Walk

400 Meter Dash

800 Meter Run

200 Meter Dash

Long Jump/Triple Jump (three jumps, no finals)

All athletes warm-up 9:30-10:15; Competition begins at 10:15.

High Jump (athletes must be present for jumps at heights – bar will not be lowered and competition will not be delayed). All ages warm-up 9:30-10:15; Competition begins at 10:15. Spikes of 1/8" allowed for High Jump.

Pole Vault warm-up 9:30-10:15; competition begins at 10:15

Shot Put: All throwers warm-up 9:45-10:15; competition starting at 10:15.

Weight Throw (athletes must supply their own implement): All throwers warm-up 11:15-11:45; Competition begins at 11:45.