22nd Annual Saint Mary’s Invitational

TRACK AND FIELD MEET - O’Neill High School Track Complex

Wednesday, April 17, 2019 - 9:00 AM

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BOYD COUNTY SPARTANS PLAINVIEW PIRATES

CWC RENEGADES RIVERSIDE CHARGERS

ELGIN/POPE JOHN WOLF PACK SANTEE WARRIORS

EWING TIGERS SAINT MARY’S CARDINALS NIOBRARA-VERDGIRE COUGARS

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Scratch / Add Sheets turned in at 8:30

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FIELD EVENTS SESSION

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TIME EVENT SCHOOL RESPONSIBLE

9:00 AM Boys Shot Put **Ewing**

\*10:00 AM Boys Discus (follows girls discus) **Plainview**

9:00 AM Girls Discus **Niobrara-Verdigre**

\*10:00 AM Girls Shot Put (follows boys shot put) **Ewing**

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 **Riverside**

\*10:00 AM Boys High Jump (follows girls high jump) **St. Mary’s**

9:00 AM Boys Pole Vault **Riverside**

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

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Time Event (Either a Pre-Lim or a Final) Timing / Picking (For All Races)

10:30 AM- 3200 Meter Relay FINALS **1st- St. Mary’s**

\*\*- 100 Meter Int. Hurdles Girls Prelims **2nd- EPPJ**

\*\*- 110 High Hurdles Boys Prelims **3rd- Riverside**

\*\*- 100 Meter Dash Prelims **4th- Boyd County**

\*\*- 400 Meter Dash FINALS **5th- CWC**

\*\*- 3200 Meter Run FINALS **6th- Santee**

\*\*- 200 Meter Dash Prelims **7th – Niobrara-Verdigre**

**8th – Plainview/St. Mary’s**

**Relay Exchanges**

**St. Mary’s, St. Mary’s, Boyd County**

\*\*- **Heat winners plus the next fastest times**

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

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**FINALS TRACK SESSION** GIRLS RUN FIRST, BOYS WILL FOLLOW

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PM- 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 Jackson Medina, and Dana Konopasek

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Entry Forms must be **received** at Saint Mary’s High School by **Friday, April 12, 2019** (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