

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

3:00PM – Students dismissed from class – Busses depart NO LATER than 3:15pm

5:00 PM field event warmup and run throughs

5:30 PM Long jump

High Jump (girls first)

Shot put (boys first)-

Pole Vault (boys first)

Triple Jump / Girls and boys simultaneously in cafeteria style

Approx. 6:30 start for warmups:

High Jump (Boys)

Shot put (Girls)-

Pole Vault (Girls)

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:

Team Information -

- **Timing**
 - Heat sheets/results/race splits for distance races will be posted on <http://www.herostiming.com>. – Look under schedule for Central Mn Invite
- **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.