

STMA Indoor Quad

Tuesday, April 2nd @ 4:00pm

STMA High School Activity Center

Teams: STMA, Buffalo, North Branch, & St. Francis

1. **1/8" Pyramid Spikes** are allowed on the track and in the activity center. No spikes outside the activity center or your athlete will be disqualified from the meet.
2. No food or drink allowed in the AC except for WATER!
3. No concessions available.
4. Limited entries per event per gender; see below. Follow MSHSL limits per individual.
5. STMA will staff the events. You are free to coach your athletes.
6. Athletes are not allowed to warm up on the upper walking area. This is reserved for community members. FYI- some STMA athletes will be allowed on the upper walking area as they are members of the activity center.

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

4 X 800 Relay- 2 relays per school (w/ waterfall start) (1 heat)

55 Hurdles- 9 per school

55 Dash- Unlimited (use discretion)

1600 Run- Top 5 runners from each school (1 heat)

4 x 200 Relay- 2 relays per school (2 heats)

400 Dash- 10 per school

800 Run- 8 per school (2 heats)

200 Dash- Unlimited (use discretion)

Exhibition mile- One (maybe 2) heat/s of mixed boys/girls unlimited. Time your own kids. This will not be scored or entered into HyTek.

4 X 400 Relay- 2 relays per school

* All Running Events Girls 1st followed by Boys

* All Running Events will be fastest heat first. Please tell your athletes.

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

Boys Shot Put followed by Girls Shot Put (Unlimited entries, 4 throws each)

Girls Pole Vault followed by Boys (Unlimited entries)

Boys High Jump followed by Girls High Jump (Unlimited entries)

Boys & Girls Triple Jump (all jumps 4:00-5:30 cafeteria style)

3 jumps each (unlimited entries per school per gender)

Boys & Girls Long Jump (all jumps 5:30-7:30 cafeteria style)

3 jumps each (unlimited entries per school per gender)

*We will download your roster via MSHSL website. Be sure it is current.

Scoring- Individual events: 6-4-3-2-1

Relays: 6-4-2