

**ST. DOMINIC'S INVITATIONAL TRACK MEET**  
**FRIDAY May 6, and**  
**SATURDAY, MAY 7, 2011**  
**BROOKFIELD EAST HIGH SCHOOL**  
**3305 North Lilly Rd. Brookfield, WI**

**TEAMS:**

Holy Apostles	Aquinas Academy
NW Catholic	St. Joe (Wauwatosa)
SJV	St. Agnes
WCSS	St. Mary (Hales Corners)
St. Anthony (Menomonee Falls)	St. Mary (Elm Grove)
St. Gabriel/St Boniface	St. Paul
St. Joan of Arc	

**TIMES:**

Friday 5pm – 8pm  
Saturday 9am-4:30pm.

**ENTRY:**

The entry fee is \$100.00 per team.  
Make check payable to: St. Dominic Athletic Association.

Please return fees no later than Monday, **April 25, 2011** to:  
Mark Mlsna  
4370 Druid Ct.  
Brookfield, WI 53005.  
262-366-3696

Please e-mail volunteer lists by Friday, **April 29, 2011**, to: Mark Mlsna  
([mmlsna@wi.rr.com](mailto:mmlsna@wi.rr.com)). Entries will not be accepted without a volunteer list.

**Submitting Team Entries via the online process**

You will submit your entries using the TrackMate online web page. The page can be accessed from both PC and Mac platforms. No download is required.

Here is how the entry process will occur.

You will receive an e-mail for EACH of your teams (e.g. St. Dom – Black, St. Dom – Teal) giving you the web site and access code for your team(s).  
Instructions for entering data are supplied in the e-mail. An explanation follows.

Follow the link supplied in the e-mail.

Enter your athletes' names by clicking the "Roster" button.  
You may 'cut & paste' text or Excel data.  
When finished, click the 'Done' button.

Enter your athletes into events using the 'Entries' button.

Enter the athlete's 'Qualifying time' for the event. It is very important to enter accurate qualifying times.

When finished, click the 'Done' button.

During the open entry time, make any updates or changes to your entries, any time or day, by using the same process.

To print a summary of your entries, click the 'Print Summary' button.

If you wish to 'print' to a .pdf file, download and install both free programs, 'CutePDF Writer' and 'Converter' from this website:

<http://www.cutepdf.com/products/cutepdf/Writer.asp>

**The entries will be closed at 2 p.m. the Wednesday morning before the meet.** We print the Heat Sheets on Wednesday.

Any entry changes after Wednesday morning will be made by you or your staff, at the meet. Make sure that your athlete has their name changed on the official's forms. For the running events, that would be the forms at the staging area and the finish line. For the field events, that would be the result recorder's form.

There will not be a Coaches Meeting prior to the meet. Please check in, at the press box, for any last minute information.

### **EVENT LIMITATIONS:**

Individual running events are limited to two (2) athletes per grade per gender. Field events are limited to three (3) athletes per grade per gender. Relays are limited to one (1) team per grade per gender. Individuals may participate in a maximum of five (5) events, but only three individual running events. Athletes may compete in events at grade levels higher, but not lower than their own. No spikes of any kind will be allowed. No spinning throws will be allowed in field events.

### **COMBINED EVENTS:**

800 Meter and 1600 Meter

The 800 and 1600 will likely be combined events. Boys and girls in the same grade will be on the track at the same time. The races will be started as follows: A heat of boys will be set on a waterfall start, with each boy having a timer. A heat of girls will wait behind the boys, with each girl having a timer. The starter will start the boys. The girls will then step up to the waterfall line. Once the boys have a safe start, the starter will start the girls. Consequently, the boys and girls will be on the track at the same time but will be running their own separate races. Because the boys are started first and are for the most part faster, the girls do not generally catch the boys. And most of the boys are not fast enough to catch the girls who are a lap behind them. There should be virtually no crossover in the 800 and limited crossover in the 1600.

400 Meter

The 400 may be run as a combined-heat event. Two heats are on the track at the same time with two sets of lane-dedicated timers. The first heat is started as normal. The second heat is started when the first heat reaches the far turn. Again, two races are on the track at the same time but do not cross over.

### **FIELD EVENTS:**

Field events run concurrent with running events and are "open-pit." Athletes must complete their jumps or throws during the designated time. This does not apply to high

jump. High jump is **not** open pit. Athletes must present at the start of the event. The bar will not be lowered for late arriving athletes. Athletes will need to check out and check in to field events in order to compete in their running events. Running events will not be delayed for athletes in field events.

**HEAT & LANE:**  
**ASSIGNMENTS**

Heats with lane assignments will be posted in the staging area for each event. Athletes should know the event(s) in which they are competing and follow the progress of the meet so that they know when their heat is approaching. The start of a race will not be held up for an athlete who is not present.

**SPECIAL RULES:**

NO SPIKES WILL BE ALLOWED AT THIS MEET.  
NO JEWELRY WILL BE ALLOWED DURING COMPETITION.  
These rules will be enforced by the meet officials who will have the authority to disqualify any athlete in violation. Running events will not be held up to allow athletes to remove spikes or jewelry.

**CONCESSIONS/**  
**BATHROOMS:**

A concession stand and bathrooms will be available.

**EQUIPMENT:**

Each team should provide their own batons.  
Official: 8 lb. shot, 1K discus, and 12" softballs, will be provided.  
Please bring your own equipment for practice. Extra starting blocks may be needed.

**AWARDS:**

Medals will be awarded to the first three places in each event. Ribbons will be awarded for 4<sup>th</sup> thru 8<sup>th</sup> place.  
The traveling Old Foot, Coaches Relay Trophy, provided by Jim Mathie of WCSS, is waiting to find out where it will end up this year. WCSS won the last 2 years.

**SPECTATORS:**

Spectators will be required to stay in the stands during the meet.

**VOLUNTEERS:**

We will require volunteers from schools who do not host a meet to which St. Dom's is invited. We will need volunteers with stop watches supplied by their own school, and volunteers for the field events. 1 volunteer per 10 athletes per school will be required. Please submit your volunteer list with your entries. Entries will not be accepted without a volunteer list.

**NOTES:**

We are asking that you remind your athletes to cleanup their clothing and litter when they leave.

**Also, please have your athletes stay away from any equipment that they are not currently using for competition.**

**NO ONE should be in the pole vault area or on the pole vault pad AT ANY TIME.**

**THANKS IN ADVANCE FOR YOUR COOPERATION!!**