SABRE INDOOR MEET AT ST. JOHN'S

Teams: ELK RIVER, COON RAPIDS, WACONIA, SARTELL

Date: Friday, April 12, 2019 Teams can enter facility at 6:30.
Scoring: No Team Scoring We will have a timing system set up and results of events available

Schedule: 7:00 PM Field Events

Girls HJ followed by Boys 5 jumpers
Boys Shot Put then Girls 8 throwers
Boys Pole Vault then Girls 6 vaulters
Girls & Boys LJ open pit 7- 8:30 6 jumpers
Girls & Boys TJ open pit 8:40 – 10:00 5 jumpers

4 jumps or throws no finals

7:00 PM Running Events

55 Meter Hurdles G-B	6 entries
55 Meter Dash G-B	unlimited entries
1600 Meter Run G-B	unlimited entries 2 heats (12 in first heat)
400 Meter Dash G-B	6 entries
800 Meter Run G-B	6 entries (2 heats of 12)
200 Meter Dash G-B	8 entries
1600 Meter Relay G-B	2 entries V, JV

NOTES:
Email me a list of shot putters with a seed distance to set up flights before Wed. April 10th.
Roster will be taken from the MSHSL web site please have those up to date.
Please help with lap counting of 1600 for your athletes.
St. John's allows ¼ spikes, only water inside facility, food in the atrium.

Looking forward to hosting you and your teams.

Call if you have questions. (w) 320-656-0748 ext.3357 (c) 320-266-2731
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Thanks,
Ross Anderson