

## **St. Thomas TimeTrial**

Info Letter from UST:

Coaches,

We are looking forward to hosting your teams next week. Please see Time-Trial related information below.

Of special note: It is important that you download the Bus and Parking document below and provide this information to your driver.

### **MSHSL COMPLIANT**

The St. Thomas Time-Trials are in compliance with the recent MSHSL definition of a Time-Trial (no admissions charged, No FAT timing or printed results provided, etc.). A friendly reminder also that attending teams ARE NOT to wear uniforms or school identifying apparel.

### **Your Registered Session**

Please review the list of attending team and confirm your Time-Trial session at the address below.

<http://www.stthomastrack.com/TimeTrials>

### **Bus Drop Off/ Pick Up**

Please download the Bus/ Parking info linked below. Note: **there is NO bus parking on the St. Thomas campus.** Please inform your bus driver to leave campus after dropping your team off and to return at a designated time. We suggest getting your drivers cell phone number and updating them as the event nears completion.

### **Coaches / Volunteer Meeting**

A brief coaches meeting will be held at the finish line prior to the time trial. Topics: relays zones, clerking, pole vault procedures, volunteer assignments, questions, etc.

### **Pole Vault**

A reminder that the pole vault is an open-pit and must be coach supervised. Attending coaches can organize the venue and time as they wish. Some have asked to run an information competition. Please communicate with the other pole vault coaches and decide collectively on the best use of your time.

### **Results and Timing**

Coaches are asked to hand time their own athletes. Per the MSHSL definition of a time-trial, fully automatic timing is not permitted. Distances in the horizontal jumps

and shot put will be called out by the official, however a written and viewable record of performances will not be provided. Athletes and coaches should listen for and remember the distances called out by the event officials.

### **Schedule**

Please see linked Meet Information below.

### **Entry Limits**

Entries are not due in advance, but rather sections will be built by the Clerks just prior to each event/ race.

### **Clerking**

Athletes will be staged near the starting line of each event. One Clerk will place the athletes on the starting and provide instructions while the second Clerk builds the second, third, etc. sections to follow. The Clerk(s) will try and place the top runners from each school in the first section, the second runner from each school in the second section, etc.

### **Spikes**

Only 1/4" spikes and less are to be used on the track and in-field. No pin style spiked. Spikes are subject to inspection.

### **Trainer**

Given this is a time-trial event, a certified athletic trainer WILL NOT BE ON SITE. Athletes and coaches will have access to ice and basic training aids. Please bring a trainer if you have specific athlete needs or are concerned about potential injuries.

### **Medical Attention – ON CAMPUS EMERGENCY NUMBER (651) 962-5100**

The St. Thomas representative in charge of the venue will follow an established emergency protocol in the event medical attention is needed. The number above should be called in the event of an on campus emergency – and can be called by anyone. Campus security will answer and dispatch 911 in order to navigate responders to your field house location.