

We look forward to hosting your team. You are currently registered for the session listed below.

St. Thomas Time Trial: Session 3 - Tuesday, March 27, 2018 at 12:00 PM

Not all coaches at your school are receiving this email (only the coach who originally registered). Please forward to your school's other head coach if attending.

IMPORTANT: Bus Drop Off/ Pick Up

Please download the Bus/ Parking info linked below.

<http://www.stthomastrack.com/resources/Documents/Meet-Info/13-MIAC-Indoor/Parking-Ti-me-Trials.pdf>

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 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/ requests, questions, etc.

Your Volunteer Will Be Needed

As listed in the original meet information, all attending squads are asked to bring at least one volunteer to assist as needed. In the past St. Thomas has provided most of the meet workers, however we will have fewer St. Thomas athletes assisting this year. For this reason it's important that you have a meet workers on hand to assist.

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.

Timing

Fully automatic timing will be displayed on the video board immediately after the race. Hand written event sheets (with F.A.T. times and field event marks) will also be posted in the middle of the track, however no produced or distributed results will be available.

Entries

Entries are not submitted in advance. Flights and sections will be built by the Clerks just prior to each event/ race.

Entry Limits

Per the original meet information, this event DOES have entry limits and is not intended to provide your entire roster with unlimited opportunities. Please see event entry guidelines within the document below

<http://stthomastack.com/resources/Documents/2018/St-Thomas-Time-Trial-Info-Details.pdf>

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 emergency personnel to your location.

Entry Fee

If your school has yet to mail payment, please have the entry fee available at the coaches meeting or update me on its arrival.

Please let me know if you have questions.

Thank you.

Steve

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Men's Head Track & Field Coach

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