



Notre Dame Frozen Invitational

Date: Saturday, March 18th, 2023
Site: Notre Dame Regional High School

Time: 8:00 AM- Scratch Meeting (Scratches only, no additions or subs)
8:30 AM- All Field Events Start (More details on gender order below)
8:30 AM- Running Events Start (no preliminaries, fast heat last).

We will roll the schedule. The times below are rough estimates after the meet starts.

Cost: \$200 per Boy's team, \$200 per Girl's team. Checks should be made out to Notre Dame Regional High School and sent to Jeff Graviett, Athletic Director at 265 Notre Dame Drive, Cape Girardeau Mo, 63701.

Audience Admission: \$5.00 for adults / \$3.00 for children

Entries: We will have a limit of 2 athlete entries in all individual track & field events. Schools will be allowed 2 relay teams per gender/event. Athletes will still be limited to 4 events, max.

Coaches can manage their entries until Friday, March 17 at 7:00 AM (CST) on Milesplit

Timing: FAT timing will be handled by Big River Race Management

Field Events: Girls will Long jump, High Jump, Pole Vault, & throw Disc First.
The boys will Triple Jump, throw Shot, and Javelin First.

Long/Triple/Shot/Disc/Javelin will all have minimum distance marks. All athletes' first fair attempts will be measured. After that, if the athlete does not reach the minimum mark their attempt will not be measured.

- **Long and Triple Jump:** Cafeteria Style; No prelims (2 hours to complete jumps)
Girls Long 3.65m / 12ft Boys Long 4.57m / 15ft
Girls Triple 7.31m / 24ft Boys Triple 10.05m / 33ft
- **High Jump:** Boys will start at 1.52m/5'0", Girls will start at 1.21m/4'0" and move up 2" at a time. **No Prelims.** Five Alive.
- **Pole Vault:** Girls will start at 2.13m/7'0" and move in 6" increments. Boys will start at 2.74m/9'0", move to 3.04m/10', and then 6" increments after that.
- **Throws:** All throws are expected to be flighted. **No Prelims. 4 attempts**
Girls shot 8m / Boys Shot 10m, Girls Jav 20m / Boys Jav 30m, Girls Discus 20m / Boys Discus 25m

Results: Live results will be available & will be uploaded to Milesplit as soon as possible after the meet concludes.



Distance Events: **800** will be alley starts with 16 per heat.
1600 & 3200 will be a waterfall start with all competitors in one heat (one race for boys, one for girls) unless it is necessary to have more.

Equipment: Throwing implements will not be pooled. Athletes will also be required to retrieve their own throws or designate a teammate to help retrieve them. No weigh-in.

Surface: 8-Lane, rubberized track. We allow 3/16 and below spikes on the track and runways.
NO TAPE ON THE TRACK OR RUNWAYS.

We have gone to a multi-color surface on our track, please pay attention to the reference list at the end of the meet sheet for information about these changes.

Hospitality: Coaches and Bus Drivers will get a meal ticket during the coach's meeting that can be used at concessions anytime.

Concessions: Concessions will be sold from the main entrance to the school.

Scoring: Individuals and Relay Events – 10,8,6,5,4,3,2,1

Team Scoring: There will be First place plaques awarded for both the Boy's and Girl's teams overall, as well as, 1st - 3rd place medals for each event.

Officials: Larry Clair, Don Harris, Kevin Ellis, John Bache

Teams Attending:

| | | | | |
|-------------------|--------------------|-----------------------|---------------------|----------------------------------|
| Notre Dame | Jackson | Cape Central | Desoto | Rockwood Summit |
| Festus | Fox | St. Mary's | Dexter | Ste. Genevieve |
| Saxony | Kelly | Caruthersville | Charleston | Northwest Cedar Hill Boys |
| Kennett | Herculaneum | Malden | East Prairie | Chaffee |
| Scott City | | | | |

Games Committee: ND, Jackson, Rockwood, Malden, Ste. Genevieve

Exchanges: **4x1-** Kennett/St. Gen, **4x2-** Jackson/Cape Central **Coaches 4x1-** Dexter, Fox

Time Schedule 2023 - Meet will be on a rolling schedule, please listen to the announcements to help ensure all your athletes are ready for their events on time. The Time Schedule below will not be strictly enforced depending on how the day unfolds, it is merely an estimate so please make sure your athletes and parents are aware!

8:00 a.m. **Scratch / Coaches Meeting in the track shed**

8:20 a.m. **National Anthem**

8:30 a.m. **All Field Events Start**

| | | | |
|-------------------------|------------------------|-------------------------|---------------------|
| Girls Long Jump | Girls High Jump | Girls Pole Vault | Girls Discus |
| Boys Triple Jump | Boys Shot Put | Boys Javelin | |

Athletes will have 2.5 hours to complete their jumps/throws. Second rounds to follow ASAP but will not start before 11:00 AM



| | |
|-------------------|--|
| 8:30 a.m. | Girls 4x800m Relay Boys 4x800m Relay |
| 9:00 a.m. | Girls 100m Hurdles Boys 110m Hurdles |
| 9:30 a.m. | Girls 100m Boys 100m |
| 10:00 a.m. | Girls 4x200m Relay Boys 4x200m Relay |
| 10:30 a.m. | Girls 1600m Boys 1600m |
| 11:00 a.m. | Girls 4x100m Relay Boys 4x100m Relay |
| 11:30 p.m. | Girls 400m Boys 400m |
| 12:00 p.m. | Coaches 4x1 ND, Kelly, Rockwood, St. Mary's, Cape, Northwest, Herculeaneum, Charleston Lunch Break / Senior Recognition |
| 12:30 p.m. | Girls 300m Hurdles Boys 300m Hurdles |
| 1:0 p.m. | Girls 800m Boys 800m |
| 1:30 p.m. | Girls 200m Boys 200m |
| 2:00 p.m. | Girls 3200m Boys 3200m |
| 2:30 p.m. | Girls 4x400m Relay Boys 4x400m Relay |

Awards will be available for pick up in the press box at the conclusion of the meet.

Questions: Ryan Long ryanlong@notredamecape.org (573) 380-8587

Entry Questions: Kyle Ward Big River Race Management - kylew@brrm.com



Major Track Surface Changes to Note:

- 4x100 Exchange Arrows - White - Lane Lines are Blue
- 4x200 Exchange Arrows - Yellow
- 300 Meter Hurdle Placement Marks - Green
- 100 Meter Hurdle Placement Marks - Yellow
- 100 Meter Hurdle Start Line - Yellow
- 110 Meter Hurdle Placement Marks - White
- 110 Meter Hurdle Start Line - White