**College of St. Mary Invite**

**College of St. Mary, Omaha Ne**

**Saturday, March 19th, 2022**

***Itinerary:*** No bus to the meet. Please arrive at least 1 hour 15 minutes before your event.  We will not be stopping to eat on the way back.  We should arrive home in the early afternoon.  Coach McLaughlin’’s Cell (402) 218-8244.

***To Bring:*** Uniform Top & Bottom, Sweats/Warm-ups, Water Bottle, Healthy Snacks/Lunch, Shoes, Spikes, and anything under your uniform should be solid black.  Leave valuable items at home if possible.

***Team Stats:*** This is the first time this meet has been held.

***Teams:*** Bell. East, Mill. West, O. Burke, O. North, O. Westside, Monarchs, **PL SOUTH**

***Weather:*** Flawless! We’re inside!

***Awards:*** Medals to the top 3 finishers in each event and relay.

**Throws and Horizontal Jumps will get 4 attempts, No finals**

**8:00 a.m. Shot Put (boys first)** Austin Hurt, Kael Nauslar, Matt Thompson

**10:00a.m.      High Jump (Boys First)** Matt Krussick, Anh Phat Nguyen, Thomas Tejral

 **Discus (Boys First) @Westside M.S.** Matt Thompson, Austin Hurt, Kael Nauslar

**Pole Vault (Girls First)** Michael Johnson

**Long Jump (Girls First)** NONE

**Triple Jump (Girls first.)** Connor Cochran

**TRACK EVENTS Girls events 1st; All finals against time, Rolling Schedule**

**9:00 4x800 Relay** NONE

**9:25 3200 Meter Run** None

 **Rolling Schedule**

**10:00 60 Hurdle (prelims)** Jaden Quelette

 **60 Meter Dash** Anthony Jones, Jaden Quelette, Anh Phat Nguyen

 **400 Meter Dash** Owen Fox

 **1600 Meter Run** Jake Davis, Cole Boyer

 **60 Hurdle (final)** TBD

 **60 Meter Dash (final)** TBD

 **800 Meter Run** Kirk Bramwell

 **200 Meter Dash** Eli Quelette, Matt Krussick

 **4x400 Relay** Kirk Bramwell, Cam Ralston, Michael Stamps, Owen Fox

***Things to Remember:***

1) The NSAA Jewelry Rule has been waived.

2) No electronic devices in the competition area

3) If you are going to wear any garments under your uniform (t-shirts, tights, etc.) please wear **SOLID BLACK**