

College of St. Mary Invite

College of St. Mary, Omaha Ne

Friday, March 17th, 2023

Itinerary: Van leaves Papio South at 6:30 a.m. if you need a ride. If not, please communicate with Coach McLaughlin. Please arrive at least 1 hour 15 minutes before your event. 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: Last year we scored 81.5 points and got 3rd as a team.

Teams: Creighton Prep, Millard West, O. Burke, O. South, O. Westside, **PL SOUTH**

Weather: Flawless! We're inside! (Except for discus)

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)	Caiden Fredrick, Kael Nauslar, Henri Supenski
10:00a.m.	High Jump (Boys First)	Tre'von Johnson, Trent Krogman, Dade Larsen
	Discus (Boys First) @Westside M.S.	Matt Thompson, Austin Hurt, Caiden Fredrick
	Pole Vault (Girls First)	Michael Johnson
	Long Jump (Girls First)	Tre'von Johnson, Alex Patterson
	Triple Jump (Girls first.)	None

TRACK EVENTS

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

9:00 **4x800 Relay** Michael Stamps, Victor Garza, Noah Ryan, John Strabala (Alt. H. Stamps)

9:25 **3200 Meter Run** John Fiedler, Drew Schuler, Dalan Hochstein

Rolling Schedule

10:00 **60 Hurdle (prelims)** Matt Valenta, Kade Wilson, Albert Brooks

60 Meter Dash Anthony Jones, Eli Quelette, Gabe Kugler

400 Meter Dash Cael Mensah, Owen Fox, Boe Foral

1600 Meter Run Bo Crews, Xavier Mallow, Caden Miser

60 Hurdle (final) TBD

60 Meter Dash (final) TBD

800 Meter Run Quin Karas, Henry Stamps, Kaden Hawkins

200 Meter Dash Reece Santamaria, Kamarion Green, Max Niiya

4x400 Relay Quin Karas, Michael Stamps, Matt Valenta, Reece Santamaria

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**