

STA Invitational
St. Thomas Academy High School
Friday, May 8, 2026

Participating Teams

Girls: Blake, Concordia Academy, Eagan, New Life Academy, Owatonna, Providence Academy, Trinity School at River Ridge, Visitation

Boys: Blake, burnsville, Concordia Academy, Eagan, New Life Academy, Providence Academy, St. Thomas Academy, Trinity School at River Ridge,

Meet Schedule: Coaches meeting at 3:30, Field events begin at 3:45 Running events at 4:00

Entries: Three individuals per event per school and One relay per school.

Scoring: Team scores will be kept. **10-8-6-5-4-3-2-1 for both Individual and Relays .**

Entry Fee: \$150.00 per gender, per school

Event Registration:

All Entries are to be done ONLINE via Athleticnet.com. ENTRY DEADLINE: Friday, May 8th at 11:00am. Absolutely NO adds the day of the meet.

Track Surface: ¼”max pin spikes. The long/triple jump and pole vault runways as well as the high jump area are all-weather surfaces. Shot put and discus areas are concrete. Tennis balls cut in half and chalk will be available for marking exchange zones. Please do NOT put tape on the track, runways, or high jump area.

Team Camps All team camps must be outside of the track. No camps on the infield (football field). Please make sure your team area is cleaned up at the conclusion of the meet

Restrooms – Port-a-potties are available behind the press box. Please no athletes in the school.

Clerking Area: Please have athletes check in on the infield near the 50 yard line, by the second call.

Athlete Warm-up Area: Infield area (football field) Please keep clear of the Finish Line area/cameras. No camps, additional athletes or spectators on the infield at any time.

Concessions: Food and drinks will be available for purchase at the concession stand.

Bus Parking: Busses may drop teams off on Mendota Heights Road and then must park in the lot across the street (Ice Arena lot)

Spectator Parking: Spectators may park in the school parking lot on the corner of Lake Drive and Mendota Heights Rd, or along Mendota Heights Rd. All spectators are encouraged to sit in the bleachers and must remain outside of the fenced competition area at all times.

**STA Invitational
Order of Events**

Coaches Meeting: 3:30 p.m. behind the press box.

Exchange Zones – 4 x 1 **Zone 1** – Blake, Concordia **Zone 2** – Eagan, New Life,
Zone 3 – Visitation, Providence
4 x 2 **Zone 1 & 3** – Trinity, Owatonna, **Zone 2** – STA, Blake
4 x 4 & 4 x 8 – STA, Eagan

Field Events: **Begin at 3:45pm**

Shot Put – Boys first, followed by girls – 4 throws, no finals

Discus – Girls first, followed by boys – 4 throws, no finals

Long Jump – Boys first, followed by girls – 4 jumps, no finals – boys 3:45 - 5:15 girls 5:30 - 7:00

Triple Jump Girls first, followed by boys – 4 jumps, no finals – girls 3:45 - 5:15, boys 5:30 – 7:00

Boys/Girls High jump (start at 5'0" – girls to follow (start at 4'0"))

**BOYS start at 5-0, increment by 3" until 5 or fewer jumpers remain or 6-0, then increment by 2". When 2 athletes remain, 1" increment or as decided by jumpers*

GIRLS start at 4-0, increment by 3" until 5 or fewer jumpers remain or 5-0, then increment by 2". When 2 athletes remain, 1" increment or as decided by jumpers

IMPORTANT; to keep the event moving, the bar will continue to be raised if an athlete is not present due to their participation in another event (they will be automatically passed). The bar will not be lowered.

Boys/girls pole vault (start at 6'0) – girls to follow (start at 5'0)

BOYS start at 7-0, increment by 12" until 8 or fewer jumpers remain then increment by 6 "

GIRLS start at 6-0, increment by 12" until 8 or fewer jumpers remain then increment by 6 "

Running Events: **Begin at 4:00 p.m.**

Girls 4x800 Relay

Boys 4x800 Relay

Girls 100 m. High Hurdles

Boys 110 m. High Hurdles

Girls 100 m. Dash

Boys 100 m. Dash

Girls 4x200 Relay

Boys 4x200 Relay

Girls 1600 m Run

Boys 1600 m. Run

Girls 4 x 100 Relay

Boys 4 x 100 Relay

Girls 4x100 Relay

Girls 400 m. Dash

Boys 400 m. Dash

Girls 300 m. Low Hurdles

Boys 300 m. Int. Hurdles

Girls 800 m. Run

Boys 800 m. Run

Girls 200 m. Dash

Boys 200 m. Dash
Girls 3200 m Run
Boys 3200 m Run
Girls 4x400 Relay
Boys 4x400 Relay