



2025 SEASON OPENER INVITATIONAL & JUNIOR OLYMPIC PREP MEET

A USATF Sanctioned Event

June 7, 2025

Benilde St. Margaret's School - 2501 MN Hwy 100, St. Louis Park, MN 55416

Welcome to our annual season opener and first Junior Olympic prep meet of the summer! Our meet is open to all and features USATF specific events found in the Junior Olympics and Masters Championships to help athletes explore events and prepare for the upcoming championship meets. We look forward to seeing you at the track this summer!

REGISTRATION: \$15, Deadline 8pm, Friday 6/6/25, ONLINE REGISTRATION ONLY, [Enter the meet HERE](#) (or paste <https://www.athletic.net/TrackAndField/meet/614834/register> into your browser)

MEET SCHEDULE

9:00 AM – GATES OPEN

FIELD EVENTS

3 attempts will be allowed in each throwing and horizontal jump event. All field events will be run cafeteria style according to age group unless otherwise specified at the event.

| | |
|-----------------|--|
| 10:00am-1:00pm | Long and Triple Jump (run simultaneously on 2 pits) |
| 10:00am-1:00pm | High Jump, opening height 30" |
| 10:00am-1:00pm | Pole Vault, opening height determined on site |
| 10:00am-11:30am | Shot Put |
| 11:30am-1:00pm | Discus |
| TBD | Turbo/Aero Jav – Immediately following discus (please provide own implements) |
| TBD | Javelin and Hammer, if contested it will be at conclusion of all other events provided we can ensure a safe throwing area. |

TRACK EVENTS

10:30 AM – TRACK EVENTS BEGIN. Track events will follow a rolling schedule. Block starts will be allowed for prepared athletes only – no teaching at the starting line. Mixed age and gender relays will be allowed.

4x800 Meter Relay
80/100/110 Meter Hurdles
100 Meter Dash
50 Meter fun dash for ages 5 & U followed by a parent/coach "I've still got it!" dash (no meet entry required)
1500 Meter Run/Race Walk
4 X 100 Meter Relay
400 Meter Dash
200/400 Meter Hurdles
800 Meter Run
200 Meter Dash
3000 Meter Run/Race Walk
4x400 Meter Relay

Timing provided by Wayzata Results: www.wayzataresults.com.

Coaches/parents must be 3-step compliant to be allowed in the competition area.

GENERAL INFORMATION

Meet Director: Calista Snyders, admin@minnesotaflyers.com

ATHLETE ELIGIBILITY - ALL AGES (YOUTH, OPEN, MASTERS) WELCOME!

ENTRY INFORMATION

\$15 entry fee. The registration deadline is Friday, June 6, 2025 at 8pm. Online entry only [HERE](#).

4 event limit per athlete (not including relays). No limit to number of relays per club. Meet is pre-seeded and we will not have the ability to add individuals on site at the meet.

FORMAT/SEEDING

Field events will be cafeteria style, running events will follow a rolling time schedule. We will begin promptly at the posted times. There will be no prelims. Block starts will be allowed for prepared athletes only. Athletes will be allowed assistance in setting their blocks however no teaching will be allowed at the starting line.

This is a pre-seeded meet. To help athletes develop their competitive skills and to run the meet efficiently, track event seeding will be done by time, not age. We will attempt to seed those with no time by their age group as much as possible. There will be no seeding in the field events or relays. Relays may be formed on site and will be placed in heats once clerked. Mixed age and/or mixed gender relays will be allowed.

USATF age groupings will apply. Results will be posted by age.

REPORTING FOR EVENTS

Coaches, parents, and athletes are fully responsible for reporting athletes on time for their event(s). Please listen for the event announcements. All running events will be staged at the south end of the infield. Field events will be clerked at the event.

SPIKES/EQUIPMENT

Maximum ¼ inch spike reveal is allowed. Pyramid spikes only – needle spikes prohibited. All throwing implements used in competition will be pooled from competitors unless you keep your implement with you. Batons will be available. Blocks are provided.

CLOSED INFIELD

Only athletes called to clerking and coaches who have received their SafeSport 3-step certification will be allowed on the infield. No spectators on the infield. No food on the infield.

FOOD & DRINK

Concessions will be available. Small coolers are permitted within the facility – glass containers and alcohol are prohibited. No onsite cooking or food preparation including the parking lot. Please use the receptacles located around the facility for all trash. No smoking anywhere on school grounds including parking lots.

SPECTATORS/ADMISSION

No admission will be charged. Please consider donating or visiting the concessions to help us fund this meet! Donations are accepted via Venmo to @MNFlyers, and PayPal to coach@minnesotaflyers.com.

TEAM SITES

Areas are available on the grounds around the track for teams to camp.

RESULTS

Timing and live results will be provided by Wayzata Results: www.wayzatarresults.com.

No smoking permitted anywhere on campus grounds including outside the fence and parking lots.

SEE YOU AT THE TRACK!!!