

**University of St. Thomas
Tommie Indoor Invitational - January 16th, 2026
Final Meet Information**

Heat Sheets / Results: Posted online at www.fastfinishresults.com

Livestream Video: <https://tinyurl.com/2tecjde7>

Athletic Trainers: UST Athletic Trainers will be on staff near the finish line area for any athletes needing athletic training treatment

Bus Drop Off: Anderson Student Center turnaround off of Cretin Ave

Parking:

- **Bus Parking:** Buses will have to park off campus
- **Vans/Cars:** Parking available in Anderson Parking Ramp located off of Cretin & Grand Ave

Check-In Process:

Running Events: Check-in area located near finish line to pick up your hip #
Check-in and pick-up hip #'s 30 minutes prior to the start of your race
There will be separate check-in tables for the women and men track events

Field Events: Check-in 30 minutes prior to the start of your event with the lead official

Implements Check-in: All throwing implements will be weighed and inspected at the throws cage beginning at 1:15 pm and all implements must be weighed in by 2:00 pm

Running Events

- Will run on set time schedule
- Women will run first and fast to slowest heats
- All running events are finals

Field Events

- Long Jump, Triple Jump, Weight Throw, and Shot Put will run on a set time schedule with a 20 minute warm-up period per flight and 10 minutes before finals
- Women's Pole Vault will start 45 minutes after completion of Men's Pole Vault
- High Jump will run on a set time schedule
- Laser will be used for Long Jump, Triple Jump, Weight Throw, and Shot Put
- The official will tell the current athlete your up - next person on deck (*sweats off*) & person in the hole
- For Long & Triple Jump, Weight Throw, and Shot Put:
 - Prelims 3 attempts - top 9 qualify for finals & reseed the order for finals and 3 more attempts in finals
 - If less than 9 competitors - all athletes will qualify for finals if make 1 legal attempt in prelims and then reseed the order for finals
- Long Jump will take place on the runway located along the windowsill overlooking the football field
- Triple Jump will take place on the runway located along the backstretch of the track

High Jump Progression

- **Women:** 1.26, 1.31, 1.36, 1.41, 1.46, 1.51, 1.56, 1.61, 1.66, 1.69, 1.72, +3cm
- **Men:** 1.56, 1.61, 1.66, 1.71, 1.76, 1.81, 1.86, 1.91, 1.96, 2.01, 2.06, 2.09, +3 cm

Pole Vault Progression

- **Women:** 2.45, 2.60, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.60, 3.70, +10cm
- **Men:** 2.47, 2.62, 2.77, 2.92, 3.07, 3.22, 3.37, 3.52, 3.67, 3.82, 3.97, +15 cm

Triple Jump Boards

- **Women:** 26 and 31 Feet
- **Men:** 35 and 40 Feet

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Finalized Meet Schedule

Field Events

Throwing Events

2:00 pm	Women's Weight Throw	1 Flight of 13
3:20 pm	Men's Weight Throw	1 Flight of 11
4:40 pm	Women's Shot Put	1 Flight of 13
6:00 pm	Men's Shot Put	1 Flight of 11

**Will run on a set time schedule with a 20 minute warm-up period per flight and 10 minutes before finals*

Vertical Jumps

3:30 pm	Women's High Jump	1 Flight of 13
5:30 pm	Men's High Jump	1 Flight of 9

**Will run on a set time schedule for High Jump Events*

3:00 pm	Men's Pole Vault	1 Flight of 5
	Women's Pole Vault	1 Flight of 8

**45 minute warm-up period for Women's Pole Vault after completion of Men's Pole Vault*

Horizontal Jumps

2:15 pm	Women's Triple Jump	1 Flight of 7
3:15 pm	Men's Triple Jump	1 Flight of 2
4:15 pm	Women's Long Jump	2 Flights (10 / 11)
6:15 pm	Men's Long Jump	1 Flight of 9

**Will run on a set time schedule with a 20 minute warm-up period per flight and 10 minutes before finals*

Running Events

Time	Gender	Running Event	Sections / Entries
4:45 PM	Women	60mH	2 Sections / 13 Athletes
5:00 PM	Men	60mH	1 Section / 8 Athletes
5:10 PM	Women	Mile Run	2 Sections / 19 Athletes
5:30 PM	Men	Mile Run	1 Section / 14 Athletes
5:40 PM	Women	400m Dash	1 Section / 3 Athletes
5:45 PM	Men	400m Dash	2 Sections / 7 Athletes
5:55 PM	Women	60m Dash	5 Sections / 35 Athletes
6:05 PM	Men	60m Dash	4 Sections / 28 Athletes
6:15 PM	Women	600m Dash	1 Section / 1 Athlete
6:20 PM	Women	800m Run	1 Section / 9 Athletes
6:25 PM	Men	800m Run	1 Section / 6 Athletes
6:30 PM	Women	200m Dash	4 Sections / 14 Athletes
6:40 PM	Men	200m Dash	5 Sections / 18 Athletes
6:50 PM	Women	4x400m Relay	1 Section / 4 Teams
6:55 PM	Men	4x400m Relay	1 Section / 3 Teams