



CATHOLIC ATHLETIC ASSOCIATION

2026 Track and Field Meet Information

Date: Saturday, May 16, 2026

Location: Saint Thomas Academy Gerry Brown Stadium, 2949 Mendota Heights, MN 55120

Time: 8:15 a.m. Coaches Meeting, 8:30 a.m. field events and 9:00 a.m. running events

Gates will open at 7:15 a.m.

Venue Information & Rules

- **Track Surface:** The long jump runway as well as the high jump area are all-weather surfaces. Shot put area is 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.
- **Shoes/Starting Blocks:** ¼" max pin spikes are permitted. Starting blocks are not permitted.
- **Concession Stand:** A concession stand will be available (located directly inside the main gate of the stadium) to purchase snacks and drinks.
- **Team camps:** Please keep all team camps off the infield. You may set up your camp on any grassy area **outside** of the track. Kindly pick up all trash from your area at the end of the meet.
- Only **athletes, coaches, and registered volunteers** are allowed on the Track and Field. No spectators on the inside of the Track or in the Field events area. There are established viewing areas for the long jump and the shot put, besides being in the home or away stands.
- Athletes are not permitted to run on the in-field with competitors on the track as this gives them an advantage.

Registration/Timing Information

- CAA will be using the athletic.net platform, so each participating school will have to have created an account with their full roster entered. Instructions on how to enter athletes will be shared soon.
- All entries must be submitted via Athletic.net by **5PM on Wednesday, May 13, 2026**. **There will be no exceptions and no same day additions**. No-shows will be scratched. Relays may substitute same day if athletes don't go over their maximum events threshold.
- **School event limits by event:**
 - 100 M-unlimited entries per school
 - 100M Hurdles, 200, 400 –**five (5) participants** per school in each age division
 - 800M & 1600M –800M **four (4) participants** and 1600M **three (3) participants** per school in each age division
 - 4x100 and 4x400 – school may only enter one team per age division be relay type
- **An athlete may participate in up to three events (any mix of field/running) + 1 relay race.**
- There are four divisions this year that will run in this order: 5/6 girls, 5/6 boys, 7/8 girls, 7/8 boys. Only athletes that are in the grades 5-8 may participate in the Championships. Anyone who competes in high school track and field shall be ineligible for the CAA meet.
- Wayzata Results will be the official timer, and Sean Keefer will be Meet Director. For questions on the CAA Championships, please email him at smkefer@gmail.com



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Running & Field Event Information & Rules

Running Events:

- Timed finals in all events EXCEPT the 100-meter dash. Top 8 times from prelims of 100 M will advance to finals.
- All runners must remain on the track in their lanes until they are dismissed by the finish judge - so the names may be properly recorded.
- All exchanges of the baton in the relays must take place within the 30-meter exchange zones in the 4x100, and 20-meter exchange zone for last two legs of the 4x400m.
- Runners must not cut in and after exchanging the baton and must stay in their own lanes until all runners have passed. Illegal exchanges, interference and throwing the baton will result in disqualification.
- Two false starts will result in a disqualification.
- In all races through the 400M, participants must run in their assigned lanes all the way, including the 4x100 relay. In other relays (Sprint Medley, 4x400), cutting is allowed at the assigned time (rules will be shared day of competition).

Field Events:

- Running Events take priority over field events, so athletes may leave once their running event is called, but must return promptly to the field event. Volunteers should prioritize athletes who must leave ahead of other jumpers if they have not completed at least one jump/throw.
- Long Jump and Shot-Put participants will be given **2 ½ hours** from their first to last jump/throw when their age division begins.
- High Jump participants will be given a maximum of 30 minutes (if paused due to a running event) at a given height before marking an athlete as passing and moving the bar to the next height.

Long Jump & Shot Put:

- 3 throws/jumps per athlete
- Cafeteria style (first come, first serve) with 7/8 grade beginning, followed by 5/6 grade.
- Shot Puts will be provided by CAA. Weights are as follows:
 - 5/6 Girls: 4lbs, 5/6 Boys: 6lbs
 - 7/8 Girls: 6lbs, 7/8 Boys: 8lbs

High Jump:

- 3 attempts for each height per athlete
- 5/6 grade to begin, followed by 7/8 grade
- Starting heights are as followed:
 - 5/6 Girls Starting Height: **3'4" ft**, 5/6 Boys: **3'6"**
 - 7/8 Girls Starting Height: **3'8"**, 7/8 Boys: **3'10"**

Awards & Points:

- Team points will be awarded on a 10 - 8 - 6 - 4 - 2 - 1 basis.
- Team trophies will be awarded to the 1st, 2nd, & 3rd place teams.
- Ribbons will be awarded to the 1st through 6th place finishers in each event. Ribbons will be awarded during the meet. Athletes will be called to the podium to receive their ribbon.



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Order of Events

Event progress can be found at WayzataResults.com. The events will be a rolling start with the first running event occurring at 9:00 a.m., and field events beginning at 8:30 a.m. **The 4 age divisions will run in this order: 5/6 Girls, 5/6 Boys, 7/8 Girls, 7/8 Boys.**

Field Event Schedule: *Athletes have 2 ½ hours to complete their first attempt until their final attempt*

8:30-11:00	7/8 Boys/Girls begin Long Jump/Shot Put; 5/6 Boys/Girls begin High Jump <i>Starting High Jump Heights: 5/6 Girls: 3.4" ft, 5/6 Boys: 3'6"</i> <i>Shot Put Weights: 7/8 Girls: 6 lb, 7/8 Boys: 8 lb</i>
11:00-1:30	5/6 Boys/Girls Long Jump & Shot Put; 7/8 Boys/Girls High Jump <i>-Starting High Jump Heights: 7/8 Girls: 3'8", 7/8 Boys: 3'10"</i> <i>-Shot Put Weight: 5/6 Girls: 4 lb, 5/6 Boys: 6 lb.</i>

Running Schedule:

Time	Events
8:15 AM	Coaches Meeting (All Coaches or Adult representative must be present). Meeting on the infield near the stop/start line.
9:00 AM	5/6 Girls / Boys 100 Meter 30" low Hurdles (Finals) (10 hurdles, yellow marks)
	7/8 Girls / Boys 100 Meter 30" low Hurdles (Finals) (10 hurdles, yellow marks)
	1600M Boys and Girls
	5/6 Girls / Boys Prelims 100 Meter Dash (8 Fastest times advance to Finals)
	7/8 Girls / Boys Prelims 100 Meter Dash (8 Fastest times advance to Finals)
	5/6 Girls / Boys 400 Meter Finals
	7/8 Girls / Boys 400 Meter Finals
	5/6 Girls / Boys 4x100 Meter Relay Final
	7/8 Girls / Boys 4x100 Meter Relay Final
	5/6 Girls / Boys 100M Finals (Top 8 from Prelims)
	7/8 Girls / Boys 100M Dash Finals (Top 8 from Prelims)
	5/6 Girls / Boys 800 M Finals
	7/8 Girls / Boys 800 M Finals
	5/6 Girls / Boys 200 Meter Finals
	7/8 Girls / Boys 200 Meter Finals
	5/6 Girls / Boys 4x400 Relay
	7/8 Girls / Boys 4x400 Relay
	Team Awards Ceremony