

Laker Invitational II – Thursday, May 2nd 2024

Lakeview High School

875 Barstad Road

Cottonwood, MN 56229

Teams Invited: Lakeview, BOLD, Canby/Minneota, LQPV/DB, Pipestone, Wabasso, WWG/RRC, YME (8)

Start Time: 3:10 Coaches Meeting
3:30 Field Events
4:15 Running Events

Event Fee: \$150.00 per school. Please make checks out to “Lakeview Public Schools” & mail them to Matt Konrad at the address above. You may also bring your check to the meet.

Contact: Matt Konrad (Activities Director & Head Coach): mattkonrad@lakeview2167.com
Dan Hoffman (Athletic.net Entry Questions): danielhoffman@lakeview2167.com
Erik Lundberg (Meet Manager): eriklundberg@lakeview2167.com

Meet Information

1. The meet will be conducted according to the MSHSL Rules.
2. Registration will be done through Athletic.net. Instructions are below on how to join our meet.
3. **This meet will be a seeded meet. All Entries are Due by 9:00 PM on Wednesday, May 1st. Competitor Numbers will be sent out by May 2nd at 9:00 AM. Please put these on your athlete's hand. We will do a scratch/add section in our coaches meeting and then print out updated heat/worker sheets.**
4. Team Camps are to be set up outside of the infield. *The infield is to only be used for warming up*
5. **There is to be no food or throwing implements while on the in-field.**
6. Entry Limits Include:
 - a. 4 throwers and 4 Jumpers/School for Field Events
 - b. 2 Relays Per Team
 - c. 4 Athletes/School in all Running Events
7. There will be no preliminary heats. All events are final.
8. Field events will receive 3 attempts/athlete. No Finals
9. Times will be FAT.
10. 1-2 Field Event Worker will be provided by each team to clerk or assist and field events and/or help with exchange zones.
 - a. Lakeview will provide workers to move hurdles, run results, assist the field events as needed, and all other duties as assigned.
11. Lakeview will provide Starting Blocks - *Only 1/4" or shorter pyramid spikes are allowed*
12. Results can be found on Athletic.net. We will be using live results.
13. Team points will be scored in the following fashion: 10-8-6-5-4-3-2-1
 - a. Awards to be given out to top 6 finishes.
14. Starting Heights for High Jump and Pole Vault will be decided at the start of the meet
15. A concession stand will be available.

Order of Events

3:10 PM Coaches Meeting

3:30 PM Girls Shot Put followed by Boys Shot Put
Boys Discus followed by Girls Discus
Girls Long Jump followed by Boys Long Jump
Boys Triple Jump followed by Girls Triple Jump
Girls High Jump followed by Boys High Jump
Boys and Girls Pole Vault run together

****Boys SP & DS will have Wheelchair/Adaptive Division to follow the other boy throwers**

4:00 PM National Anthem - Grace Lavoy

4:15 PM Girls – 4x800m Relay
Boys – 4x800m Relay
Girls – 100m Hurdles
Boys – 110m Hurdles
Girls – 100m Dash
Boys – 100m Dash
***** Boys – Adaptive 100m Dash**
Girls – 4x200m Relay
Boys – 4x200m Relay
Girls – 1600m Run
Boys – 1600m Run
Girls – 4x100m Relay
Boys – 4x100m Relay
Girls – 400m Dash
Boys – 400m Dash
Girls – 300m Hurdles
Boys – 300m Hurdles
Girls – 800m Run
Boys – 800m Run
Girls – 200m Dash
Boys – 200m Dash
*****Boys - 400m Wheelchair**
Girls – 3200m Run
Boys – 3200m Run
Girls – 4x400m Relay
Boys – 4x400m Relay