



Lakota Middle School Invitational

Lakota High School

Friday, April 14, 2023

5200 Co Rd 13, Kansas, OH 44841
Phone: 419-986-6610

Meet manager: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

- Teams:** There are 14 teams: Bucyrus, Calvert, Carey, Elmwood, Fassett, Gibsonburg, Hopewell-Loudon, Lakota, Mohawk, New Riegel, Old Fort, Swanton, Van Buren, Woodmore.
- Scratches:** **Please check the program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible.
- Meeting:** There will be a short coaches' meeting at 4:25 near the finish line
- Prelims:** There are 2 to 4 prelim heats in the short sprints. The top 8 times will advance to the finals. In the 200 M Hurdles and 400 M Dash, athletes have been placed into 2 or 3 heats, run from slower to faster, based on submitted times. However, anyone can score from any heat.
- Field Events:** Each contestant will get 4 attempts. Flights will be seeded so the best entries are in the final flight. Please use your own implements. Make sure you have them weighed in. Location will be given at the coaches' meeting.
- Facilities:** We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays.
- Relays:** As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.
- Zones:** We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.
400 m relay zone 1: Bucyrus, Calvert, Carey, Elmwood
400 m relay zone 2: Fassett, Gibsonburg, Hopewell
400 m relay zone 3: Lakota, Mohawk, New Riegel
800 m relay zone: Old Fort, Swanton, Van Buren, Woodmore
- Heights:** We will use these starting heights:
Girls HJ 3'10", Boys HJ 4'4", Girls PV 4, Boys PV 5'
Note: These can be changed by coaches' agreement at the coaches' meeting.
- Scoring:** We will score 8 places, 10-8-6-5-4-3-2-1..
- Where:** Teams can set up camps outside of the infield area. Team drop-off will be at the driveway adjacent to the stadium. Bus parking will be at the rear of the campus.
- Awards:** There are team trophies for champion and runner-up. Individually, awards are given for top 3.
- Info:** For questions or information, please contact:
Kevin Yeckley, kyeckley@lakotaschools.org, 419-559-9688, Lakota AD
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet manager

Good Luck,

Richard Morgan, Meet Manager

Schedule

Coaches' meeting

4:25 PM The meeting will be held at the finish line.

Field events

4:30 PM Girls Pole Vault
Boys High Jump
Girls Long Jump (4 attempts, no finals)
Girls Shot put (4 attempts, no finals)
Boys Discus (4 attempts, no finals)

Remaining field events will be run upon completion of the others.
Use your own implements. We will have a weigh station for them.

Running events

Semifinals (top 8 times to finals)

5:00 PM Girls 100 M Hurdles Semis
Boys 110 M Hurdles Semis
Girls 100 M Dash Semis
Boys 100 M Dash Semis
Girls 4 X 800 M Relay Final
Boys 4 X 800 M Relay Final
Girls 200 M Dash Semis
Boys 200 M Dash Semis

Finals

After semis Girls 100 M Hurdles Final
Boys 110 M Hurdles Final
Girls 100 M Dash Final
Boys 100 M Dash Final
Girls 4 X 200M Relay
Boys 4 X 200 M Relay
Girls 1600 M Run
Boys 1600 M Run
Girls 4 X 100 M Relay
Boys 4 X 100 M Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 200 M Hurdles
Boys 200 M Hurdles
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash Final
Boys 200 M Dash Final
Girls 4 X 400 M Relay
Boys 4 X 400 M Relay