



Lakota High School

Penta Meet: Lakota – Danbury – St. Mary – St. Joe, – Arcadia
Tuesday, April 11, 2023

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

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

You are scheduled to compete in a 5-team meet at Lakota High School on Tuesday, April 11. We would like to start field events at 4:30, with running events beginning at 5:00.

Entries: All entries will be done online at www.baumspage.com. The window is already open, and it will close **at 4:00 PM Monday, April 10**. Feel free to email me with any changes Monday night, and we will of course accept changes on Tuesday, even during the meet if necessary. The meet will be drawn Monday evening, and the lane assignments will be put on baumspage.

Sprints: Enter as many individuals as you want. Even though it's early season, do your best to *estimate performances* when entering your athletes (including field events) so we have competitive heats and flights. ***Guess if you have to!*** Regardless of times, however, we will make sure all schools are represented in the hot heat of each event. All races from the 400m down will be run in multiple heats, from fastest to slowest, with scoring possible from any heat.

Distance: Enter as many individuals as you want. For all races 800 m and up, all runners will be run in one heat. In some of the distance races, we may run the boys and girls together, depending on the number of participants and the weather. ***However, all boys' and girls' coaches must agree to this.***

Field Events: In the field events, enter as many individuals as you want. There will be 4 attempts, with flights drawn from shortest to longest.

Relays: Enter up to 3 relays per event. If you need more, email and we'll try to figure out a way.

Requests: If there are any special requests, email them to me. For instance, you might want two of your runners in the same heat. Or you may want one in the hot heat, even though his time may not merit it. Or whatever. For an invitational, I couldn't honor those kinds of things, but for dual meets it makes sense.

Scoring: As a 6-team meet, scoring will be 10-8-6-4-2-1 in individual events, and 10-8-6-4-2 in relays.

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. Please supply your own batons.

Concessions: We will have our concession stand open.

Admission: Admission will be \$7 for adults and \$5 for students.

Meeting: Come to the press box upon arrival for any last-minute changes, including drops.

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

Field events

4:30 PM Girls and Boys Pole Vault
 Girls High Jump (boys will follow)
 Girls and Boys Long Jump (open pit, 4 attempts)
 Boys Shot put, 4 attempts (girls will follow)
 Girls Discus, 4 attempts (boys will follow)

Use your own implements. Weigh-ins will not be necessary.

Starting heights and other details of the field events will be determined on meet day by coaches' agreement, depending on number of entries, weather conditions, and other factors.

Running events

5:00 PM Girls 4x800 M Relay
 Boys 4x800 M Relay
 Girls 100 M Hurdles
 Boys 110 M Hurdles
 Girls 100 M Dash
 Boys 100 M Dash
 Girls 4x200 M Relay
 Boys 4x200 M Relay
 Girls 1600 M Run
 Boys 1600 M Run
 Girls 4x100 M Relay
 Boys 4x100 M Relay
 Girls 400 M Dash
 Boys 400 M Dash
 Girls 300 M Hurdles
 Boys 300 M Hurdles
 Girls 800 M Run
 Boys 800 M Run
 Girls 200 M Dash
 Boys 200 M Dash
 Girls 3200M Run
 Boys 3200 M Run
 Girls 4x400 M Relay
 Boys 4x400 M Relay

Please remember that all heat and lane assignments will be posted to baums-page some time Monday evening.