

2024 Lakota Invitational Schedule

Coaches' Meeting

8:30AM The meeting will be held at the finish line.

Field Events

9:00AM Girls Pole Vault
Boys High Jump
Girls Long Jump (4 Jumps/No Finals)
Girls Shot Put (4 Throws/No Finals)
Boys Discus (4 Throws/No Finals)

Remaining Field Events will be run upon completion of the others.
Use your own implements. We will have a weigh station.

Running Events

Semi-Finals

10AM Girls 100M Hurdles
Boys 110M Hurdles
Girls 100M Dash
Boys 100M Dash
Girls 4x800M Relay Final
Boys 4x800M Relay Final
Girls 200M Dash
Boys 200M Dash

Finals

11:30AM (Approx.) Girls 100M Hurdles
Boys 100M Hurdles
Girls 100M Dash
Boys 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
Girls 3200M Run
Boys 3200M Run
Girls 4x400M Relay
Boys 4x400M Relay