



59th Annual Lakota Invitational

Lakota High School

Saturday, April 8, 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: Arcadia, Cardinal Stritch, Clyde, Emmanuel Christian, Fostoria, Gibsonburg, Hopewell Loudon, Lakota, Maumee Valley CD, New Riegel, Old Fort, Otsego, St. Joseph CC, 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. We will, however, accept changes throughout the meet if necessary.

Meeting: There will be a short coaches' meeting at 8:30 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 300 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.

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: Arcadia, Stritch, Clyde, Emmanuel

400 m relay zone 2: Fostoria, Gibsonburg, Hopewell

400 m relay zone 3: Lakota, MVCD, New Riegel

800 m relay zone: Old Fort, Otsego, SJCC, Woodmore

Heights: We will use these starting heights:

Girls HJ 4'4", raise by 2" to 4'8", then 1" Boys HJ 5'4" raise by 2" to 6', then 1"

Girls PV 6', raise by 6" to 9", then 3" Boys PV 8'6", raise by 6" to 13' then 3"

Note: These can be changed by coaches' agreement at the coaches' meeting.

Scoring, etc: We will score 8 places, 10-8-6-5-4-3-2-1. There will be team trophies for champion and runner-up for each gender. Individually, awards will be given for top 3 places.

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

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

Field events

9:00 AM 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

10:00 AM 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

11:30 AM (approx.) Girls 100 M Hurdles Final
Boys 110 M Hurdles Final
Boys 100 M Dash Final
Girls 4 X 200M Relay (2 heats)
Boys 4 X 200 M Relay (2 heats)
Girls 1600 M Run
Boys 1600 M Run
Girls 4 X 100 M Relay (2 heats)
Boys 4 X 100 M Relay (2 heats)
Girls 400 M Dash (3 heats)
Boys 400 M Dash (3 heats)
Girls 300 M Hurdles (3 heats)
Boys 300 M Hurdles (2 heats)
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash Final
Boys 200 M Dash Final
Girls 3200 M Run
Boys 3200 M Run
Girls 4 X 400 M Relay (2 heats)
Boys 4 X 400 M Relay (2 heats)