



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

Welcome to the 59th annual Lakota Invitational. The meet will be held at Lakota High School on April 8, 2023. A time schedule is attached. **Entry fee is \$200 per school. Please make checks out to Lakota Athletics and mail to the attention of Kevin Yeckley at 5200 County Road 13, Kansas, OH 44841**

- Teams:** There will be 15 teams: Arcadia, Calvert, Cardinal Stritch, Clyde, Emmanuel Christian, Fostoria, Gibsonburg, Hopewell Loudon, Lakota, Maumee Valley CD, New Riegel, Old Fort, Otsego, St. Joseph CC, Woodmore.
- Entries:** Entries will be done online at www.baumspage.com. The window is already open, and it will close **at 11:00 AM Thursday, April 6**. If you have any changes after the deadline, please email them to me if possible. We will accept changes Friday before the meet, but please try to keep them to a minimum. Lane assignments will be posted on Baumspage sometime Thursday evening.
- Prelims:** In the 100/110 M Hurdles, 100 M Dash, and 200 M Dash, the heats will be seeded evenly based on submitted times. The top 8 fastest times in each event will advance to the finals. In the 300 M Hurdles and 400 M Dash, athletes will be placed into multiple heats, run from slower to faster, based on submitted times. However, anyone can score from either heat. Please bring your own starting blocks.
- Relays:** The 4 X 100 M Relay, the 4 X 200 M Relay, and the 4 X 400 M Relay will be seeded into slow and fast heats, based on submitted times. However, any team can score from either heat. The 4 X 800 M Relay will be run in one heat.
- Field Events:** Each athlete will get 4 efforts, with no finals. Flights will be seeded so the best entries are in the final flight.
- 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.
- 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.
- 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.
- Meeting:** There will be a short coaches' meeting at the finish line at 8:30 AM.
- 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 (1 or 2 heats)
Boys 4 X 200 M Relay (1 or 2 heats)
Girls 1600 M Run
Boys 1600 M Run
Girls 4 X 100 M Relay (1 or 2 heats)
Boys 4 X 100 M Relay (1 or 2 heats)
Girls 400 M Dash (2 to 4 heats)
Boys 400 M Dash (2 to 4 heats)
Girls 300 M Hurdles (2 to 4 heats)
Boys 300 M Hurdles (2 to 4 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 (1 or 2 heats)
Boys 4 X 400 M Relay (1 or 2 heats)

Please remember that all heat and lane assignments will be posted to Baums-
page some time Thursday evening. Please check this for starting heights and
other information.