

LHS Quad Track & Field Meet
Brandon Valley-Lincoln-Harrisburg -Washington
Tuesday, May 9, 2023
Lincoln High School
(This is a SDHSAA sanctioned and qualifying meet)

Rosters/Entries:

Will be done on Athletic.net

Entry deadline will be **Monday, May 8 at 6:00 PM**. If questions, please contact Erik VanLaecken at vanlaecken48@hotmail.com. ***Scratches Only the day of the meet.***

Unlimited Entries – Please use good reason & judgment when making entries
Two (2) teams per relay (Make sure relay runners are accurate in entries, please)

Meet Officials: Jan Cain – Starter
Tim Fjellestad – Referees

Camps: See Map.

General Info: Spikes should be 3/16th inch only. Cut tennis balls will be provided for relays...no tape on any surfaces please! Locker rooms will not be provided. Please arrive dressed and ready to go. Restrooms will be available (Door L1) that can be used for athletes and team personnel.

Weigh In: Implements will be weighed in at the west side of the track shed.

PV Weigh In: Each school will be responsible for weighing vaulters at their home site.

Meet Director: Joey Struwe

Hurdle Crew: Kaaren Huber

Curve Judges: Turn 1:

Turn 2:

Turn 3:

Turn 4:

Start Clerk:

Hy-Tek Scorer: (Field Events)

Announcer: Joy Bilal

Jury of Appeals: Joey Struwe/Coaches not involved in incident

Trainers: Katie Lardy/Austin Mueller provided by Sanford (Located at the equipment shed)

Water/Ice: Water is available. No coolers are provided.

Concession: No concessions available

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FIELD EVENTS: (1:45 PM start) – check in on site at 1:15

Girls Javelin – followed by boys

Girls High Jump – followed by boys

Boys Shot – followed by girls

FIELD EVENTS: (3:00 PM start) – check in on site at 2:30

Boys Long Jump – followed by boys TJ

Girls Long Jump – followed by girls TJ

Boys Pole Vault – followed by girls

Girls Discus – followed by boys (following the completion of the Javelin)

*Three jumps or throws, no finals

RUNNING EVENTS: (4:00 PM start – rolling time schedule) – report when event is called

G 4x800 Relay (possibly combined)

B 4x800 Relay

G 100 M Hurdles

B 110 M Hurdles

G 100 M Dash

B 100 M Dash

G 4x200 Relay

B 4x200 Relay

G 1600 M Run

B 1600 M Run

G 4x100 Relay

B 4x100 Relay

G 400 M Dash

B 400 M Dash

G 300 M Hurdles

B 300 M Hurdles

G Medley Relay (Possible Combined)

B Medley Relay

G 800 M Run

B 800 M Run

G 200 M Dash

B 200 M Dash

G 3200 M Run (Possible Combined)

B 3200 M Run

G 4x400 Relay

B 4x400 Relay