

LNHS Meet
Thursday, April 18, 2019

Forecasted Weather: 53 degrees /20% chance of rain/ 10-20 mph winds

TEAMS PARTICIPATING: Boys & Girls – LNHS, LSHS, Boys – Woodbury HS.

The meet is considered a varsity event for those trying to qualify athletes for Hamline Elite, Conference, or Section meets. But bring everyone!

START TIME: 3:45pm, rolling schedule

ENTRIES: Unlimited Entries for individual and relay teams, you can enter varsity athletes in this meet. We'll run faster athletes first. If we can reduce the 100m & 200m runners by placing them in relay events it would speed up the meet.

We'll pull your roster from the MSHSL website. Make sure your roster is updated. Athletes will be given a number to be worn on the hand, visible to clerk.

Timing: Fully automatic timing.

FIELD EVENTS: Horizontal Jumps will be Cafeteria Style. Athletes will be given 4 attempts in the LJ/TJ/SHOT/DISC. We'll use 2 high jump pits with starting heights for the boys at 5'0 and Starting Heights for the girls at 4'0. Girls will Pole Vault first with the boys working in at there desired height. Opening height will be determined the day of the meet.

OTHER

Concessions will be available, there is water at the track, we will not charge admission, there are no team or individual awards, and a trainer will be on site.

Order of Events 3:45 Start, field events start at 3:45

Running Events Schedule

G/B	4x800
G/B	110M HH
G/B	100 M
G/B	4x200 M Relay
G/B	1600 M Run
G/B	4x100 M Relay
G/B	400 M
G/B	300 IM Hurdles
G/B	800 M
G/B	200 M
G/B	3200 M
G/B	4x400 M Relay