

# Lakeville North Panther Mega Meet

## Saturday, April 27, 2019

### Meet Information

#### **2019 Teams**

Girls: Belle Plaine, Bloomington Jefferson, Elk River, Henry Sibley, Lakeville North, Minnehaha Academy, Minnetonka, Orono, Simley, Stillwater, Totino Grace, Visitation, Washington Tech, Woodbury

Boys: Belle Plaine, Bloomington Jefferson, Bloomington Kennedy, Elk River, Farmington, Henry Sibley, Lakeville North, Minnehaha Academy, Orono, Owatonna, Simley, Totino Grace, Washington Tech, Woodbury

**Entrant Limits:** Each school may enter up to **3 (Three)** athletes per individual event and 1 Relay team on the four relays. In the 3200m each team will be allowed 2 entries plus one additional entry if all athletes meet the following standards - Girls 12:30/Boys 10:20.

**Entry Fee:** The entry fee for this meet is \$225.00 per school when both or one gender attends. Please arrange to have payment sent to the Lakeville North Activities Department ASAP if you have not done so. Thank You.

**Entry Process:** Entry due - Wednesday, April 24th at 8:00 p.m.

Entry Link: <https://www.directathletics.com/meets/track/61447.html>

**Awards:** Lakeville North Mega Meet t-shirts to athletes and relay teams in places 1-3. Have your athletes come up to the north end of the pressbox once results are announced to receive their t-shirts. Run-n-Fun and Saucony are sponsoring the t-shirts. **Plaques for Track and Field MVP athletes of the Meet** presented at the conclusion of the meet.

#### **Preliminary Meet Schedule (actual meet schedule will come out after entries are submitted).**

9:30	Coaches Meeting on bleachers in front of press box
10:00	High Jump (3 athletes per school) Separate Pits for Boys and Girls
10:00	Pole Vault (3 athletes per school) Starting height to be determined at area Boys and Girls Going Opposite Directions if weather/wind permits.
10:00	Girls Discus (3 athletes per school, 3 throws; top 9 go to final for 3 more) Boys Shot Put (3 athletes per school, 3 throws; top 9 go to final for 3 more)
12:30	Boys Discus (3 athletes per school, 3 throws; top 9 go to final for 3 more) Girls Shot (3 athletes per school, 3 throws; top 9 go to final for 3 more)
10:00-12:00	Girls Long Jump (3 athletes per school: Cafeteria style- 4 jumps no finals) Boys Triple Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)
12:30-2:30	Girls Triple Jump (3 athletes per school: Cafeteria style- 4 jumps no finals) Boys Long Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)

**Running Event Schedule (1 Varsity Relay Team per school; 3 athletes in each individual event with the exception of the 3200m. where only 2 entrants are allowed- unless the 3200m standards are met by all athletes of a school.)**

10:00	Girls 4 x 800m Relay	(1 section)
10:15	Boys 4 x 800m Relay	(1 section)
10:30	Girls 100m Hurdles	(6 sections; timed finals)
10:50	Boys 110m High Hurdles	(6 sections; timed finals)
11:05	Girls 100m Dash	(6 sections; timed finals)
11:20	Boys 100m Dash	(6 sections; timed finals)
11:30	Girls 4 x 200m Relay	(2 Sections)
11:45	Boys 4 x 200m Relay	(2 Sections)
12:00	Girls 1600m Run	(2 Sections)
12:10	Boys 1600m Run	(2 Sections)
12:30	Girls 4 x 100m Relay	(2 Sections)
12:40	Boys 4 x 100m Relay	(2 Sections)
12:50	Girls 400m Dash	(6 sections; timed finals)
1:05	Boys 400m Dash	(6 sections; timed finals)
1:30	Girls 300m Hurdles	(6 sections; timed finals)
1:45	Boys 300m Hurdles	(6 sections; timed finals)
1:55	Girls 800m Dash	(3 sections)
2:20	Boys 800m Dash	(3 sections)
2:35	Girls 200m Dash	(6 sections; timed finals)
2:50	Boys 200m Dash	(6 sections; timed finals)
3:05	LAA Youth 200m Dash	(3 sections; timed finals)
3:20	Girls 3200m Run	(1 Section; 2 athletes per school unless standard provision met)
3:40	Boys 3200m Run	(1 Section; 2 athletes per school unless standard provision met)
3:55	Girls 4 x 400m Relay	(2 Sections)
4:05	Boys 4 x 400m Relay	(2 Sections)

## **Important Points:**

1. Long Jump and Triple Jump periods will be strictly adhered to. Please make sure to instruct your athletes to make sure they get their jumps in.
2. We will use a 10 min. rule for excusing athletes from field events to running events. Athletes who need to leave for running events are required to check out with the field event, who will note the check out time on the clipboard.
3. Coaches are asked to come up to the press box immediately upon arriving at the stadium. Any scratches will be done at this time.
4. Live results can be found at  
[-https://timerhub.com/get\\_web\\_index.php?page=fastfinishtiming.com/2019Track/thismeetrealtime24/](https://timerhub.com/get_web_index.php?page=fastfinishtiming.com/2019Track/thismeetrealtime24/)
5. All team camps are to be outside the track area. Please have your team cleanup at the conclusion of the meet. We will open the areas below the bleachers for inclement weather.
6. Instruct your athletes to listen to the P.A. announcer and to the calls given for each event. We will adhere to the time schedule unless inclement weather necessitates moving ahead of schedule. Instruct your athletes to report to the clerking area (north end zone) upon hearing the first call for their running event. Field Event scratches and check-ins are done at the event area.
7. Concessions will be available with a wide variety of food and beverages.
8. Meet Scoring: 10-8-6-5-4-3-2-1 for both relays and individual events.
9. Only meet workers allowed in the press box.
10. We will be charging admission for this meet: Adults \$7.00, Students/Seniors \$5.00. Children under 10 free. Please inform your parents and spectators.
11. LNHS Facilities: As in past seasons we will utilize Finish Lynx F.A.T. system to produce times readable to 1/1000's of a second in the event of close races. All finish times and places will be displayed on our scoreboard. It will show all places and FAT results – 1<sup>st</sup>-4<sup>th</sup>, 5<sup>th</sup>-8<sup>th</sup>, and team scores throughout the meet.
12. Results will be posted on our red results boards directly below the press box at ground level. Please stop by the press box at the conclusion of the meet for full results. Results will be posted on our website, and will be emailed out after the meet.
13. **Parking** – Please encourage your parents to park either in the Lake Marion Elementary parking lot (southeast of stadium, off of Dodd Blvd.) or in the Ames Arena parking lot (west of stadium, off of Ipava)
14. **Bus parking** – drop off on either west or east side of stadium, **but have your bus park in the back of Lake Marion Elementary, directly south of the stadium or up at the high school parking lot (west side).**
15. **Road closure** - County Road 50 east of the school is closed from Dodd Blvd. to Holyoke Rd.
16. **LN T&F Service Project** - we're looking for gently worn used and new shoes. Shoes are collected for 24 developing nations to support the development of micro-business for local individuals. **Please support our cause.**
17. 2019 Mega Meet – TBD

## Girls LNHS Mega Meet Records

<b>100m Dash</b>	Laura Roesler	Fargo South	12.07	2010
<b>200m Dash</b>	Laura Roesler	Fargo South	24.84	2010
<b>400m Dash</b>	Laura Roesler	Fargo South	54.75	2010
<b>800m Run</b>	Laura Roesler	Fargo South	2:11.62	2006
<b>1600m Run</b>	Claire Flanagan	Blake	5:02.90	2012
<b>3200m Run</b>	Emma Benner	Forest Lake	10:54.70	2015
<b>100m HH</b>	Michaela Preachuk	Lakeville North	15.25	2015
<b>300m LH</b>	McKenzie Mehlich	Fargo South	45.51	2005
<b>4X100m Relay</b>	Kayla Steeves, Leah Hansen, Molly Hottman, Bergen Butala	Mounds View	49.39	2007
<b>4x200m Relay</b>	Alex Citrowske, Haley Kemper, Sami Kemper, Paige Kuplic	Prior Lake	1:46.03	2012
<b>4X400m Relay</b>	Kelsey Bethke, Emily Toninato, Missy Shelendich, Leah Hansen	Mounds View	4:01.86	2009
<b>4X800m Relay</b>	Sydney Paulson, Maria Kalkman, Isabelle Brezinka, Taylor Krone	Anoka	9:29.01	2016
<b>Long Jump</b>	McKenzie Mehlich	Fargo South	18-1.25	2005
<b>Triple Jump</b>	Abby Jungwirth	Forest Lake	37-00.25	2016
<b>Shot Put</b>	Amanda Mohs	Fargo South	42-5.5	2007
<b>Discus</b>	Jessica Cagle	Grand Rapids	153-2	2009
<b>High Jump</b>	Hannah Skildum	Mounds View	5-7	2005
<b>Pole Vault</b>	Katie Murgic	Rosemount	11-0	2010
	Mikayla Johnson	North Branch	11-0	2016

## Boys LNHS Mega Meet Records

<b>100m Dash</b>	Devin Crawford-Tufts	Edina	10.77	2010
<b>200m Dash</b>	Jonathan Webb	Minnehaha Academy	21.95	2015
<b>400m Dash</b>	Jerrell Hancock	Anoka	49.39	2007
<b>800m Run</b>	Justin Hyytinen	Farmington	1:55.99	2015
<b>1600m Run</b>	Justin Hyytinen	Farmington	4:18.08	2015
<b>3200m Run</b>	Ben Blankenship	Stillwater	9:15.46	2007
<b>110m HH</b>	Zach Vraa	Rosemount	14.65	2010
<b>300m IH</b>	Sam Lundquist	Minnehaha Academy	39.18	2015
<b>4X100m Relay</b>	Andrew Anderson, Austin Eliason, Alon Dungy, Christian Willman	Rosemount	43.23	2009
<b>4x200m Relay</b>		Anoka	1:30.32	2009
<b>4X400m Relay</b>		Maple Grove	3:25.04	2012
<b>4X800m Relay</b>	Christian Leonard, Tyler Hudson, Jacob Heyne, Lucas Trapp	Elk River	8:07.16	2016
<b>Long Jump</b>	Tommy McNamara	Mounds View	23-4	2007
<b>Triple Jump</b>	Christopher Udalla	Elk River	45-07	2016
<b>Shot Put</b>	Logan Hussung	Farmington	55-10.5	2010
<b>Discus</b>	Tyler Kubler	Eden Prairie	161-10	2010
<b>High Jump</b>	Derek Jerde	Chaska	6-5	2009
<b>Pole Vault</b>	Jacob Wolter	Lakeville North	14-6	2008
	Kyle Meyer	Lakeville North	14-6	2016
	Alex Torp	New Prague	14-6	2016