

# Wisconsin LSA State Track Meet

Saturday, May 20th: Kettle Moraine Lutheran



7:00-8:00 A.M.	COACHES REGISTRATION (CAFETERIA)
7:30-8:30 A.M.	OPEN TRACK WARM-UP TIME
8:15 A.M.	MEETING OF MEET OFFICIALS AND COACHES (CAFETERIA)
8:45 A.M.	NATIONAL ANTHEM & ANNOUNCEMENT OF SCHOOLS

ALL TIMES FROM THIS POINT ON WILL BE AN APPROXIMATION DEPENDENT UPON EVENT SCHEDULE. NO EVENTS WILL START BEFORE THEIR TIME BUT IF DELAY OCCURS, EVENTS MAY START LATER THAN SCHEDULED. THE TRACK EVENTS WILL FOLLOW ONE AFTER ANOTHER.

<b>9:30 A.M.</b>	<b>TRIALS: BOYS</b>	<b>9:00 A.M. FIELD: GIRLS</b>
	BOYS 100 METER DASH	HIGH JUMP
	BOYS 1600 METER RUN (HEAT 1)	LONG JUMP
	BOYS 4x100 METER RELAY	FLIGHT #1: SHOT PUT
	BOYS 1600 METER RUN (HEAT 2)	FLIGHT #2: DISCUS
	BOYS 200 METER DASH	

\*SHOT PUT, DISCUS, & LONG JUMP WILL FLIGHT BY SCHOOL.\*

\*SHOT PUT & DISCUS WILL HAVE EACH COMPETITOR TAKE 3 ATTEMPTS IN SUCCESSION. EACH ARE MARKED BUT ONLY THE LONGEST WILL BE MEASURED. THE OTHER THROW FLIGHTS WILL BEGIN WARMUPS UPON COMPLETION OF THE INITIAL FLIGHT. (EX. 1 TO 2 OR 2 TO 1)

**OUR MORNING SESSION WILL THEN SWITCH RUNNING AND FIELD EVENTS BETWEEN GUYS AND GIRLS**

<b>11:00 AM</b>	<b>TRIALS: GIRLS</b>	<b>11:00 A.M. FIELD: BOYS</b>
	GIRLS 100 METER DASH	HIGH JUMP
	GIRLS 1600 METER RUN (HEAT 1)	LONG JUMP
	GIRLS 4x100 METER RELAY	FLIGHT #1: SHOT PUT
	GIRLS 1600 METER RUN (HEAT 2)	FLIGHT #2: DISCUS
	GIRLS 200 METER DASH	

\*SHOT PUT, DISCUS, & LONG JUMP WILL FLIGHT BY SCHOOL.\*

\*SHOT PUT & DISCUS WILL HAVE EACH COMPETITOR TAKE 3 ATTEMPTS IN SUCCESSION. EACH ARE MARKED BUT ONLY THE LONGEST WILL BE MEASURED.\* THE OTHER THROW FLIGHTS WILL BEGIN WARMUPS UPON COMPLETION OF THE INITIAL FLIGHT. (EX. 1 TO 2 OR 2 TO 1)

**THE MORNING SESSION WILL CONCLUDE WITH ALL ATHLETES COMPETING IN ALL TRIAL RUNNING EVENTS AND FINAL FIELD EVENTS. A 30 MINUTE BREAK WILL BE TAKEN AT THIS POINT BEFORE THE BEGINNING OF THE FINALS.**

- 30 MINUTE BREAK -

## STATE 2023 ORDER OF EVENTS

1:00 P.M.	FINALS:	
	GIRLS'	100 METER DASH
	BOYS'	100 METER DASH
	GIRLS'	400 METER DASH
	BOYS'	400 METER DASH
	GIRLS'	4x100 METER RELAY
	BOYS'	4X100 METER RELAY
	GIRLS'	800 METER RUN
	BOYS'	800 METER RUN
	GIRLS'	200 METER DASH
	BOYS'	200 METER DASH
	GIRLS'	4X400 METER RELAY
	BOYS'	4X400 METER RELAY

### \*AWARDS NOTE FOR 2023\*

AS WAS DONE IN THE PREVIOUS MEET, FOLLOWING THE FINALS FOR THE 4X400 METER RELAY, A PRESENTATION OF THE TOP 3 IN EACH OF THE FOLLOWING EVENTS WILL BE HELD AT THE MEDAL STAND. AWARDS FOR PLACES 4TH-8TH CAN BE PICKED UP AT THE REGISTRATION TABLE FOLLOWING THE COMPLETION OF THE EVENT.

PRESENTATION OF DISCUS AWARDS  
PRESENTATION OF SHOT PUT AWARDS  
PRESENTATION OF LONG JUMP AWARDS  
PRESENTATION OF HIGH JUMP AWARDS  
PRESENTATION OF 1600 METER RUN AWARDS  
PRESENTATION OF 100 METER DASH AWARDS  
PRESENTATION OF 400 METER DASH AWARDS  
PRESENTATION OF 4x100 METER RELAY AWARDS  
PRESENTATION OF 800 METER RUN AWARDS  
PRESENTATION OF 200 METER DASH AWARDS  
PRESENTATION OF 4X400 METER RELAY AWARDS

PRESENTATION OF TEAM AWARDS