

Spring, 2019

Dear Coach/Athletic Director,

Lisbon Public Schools will again be hosting a number of invitational track and field meets for the 2019 season.

Entry fee for all Lisbon sponsored meets is \$150 per team. Both of our indoor meets will be held in the Clair T. Blikre Activities Center on the NDSCS Campus in Wahpeton. All of our outdoor meets will be held at our track and field facility along ND Hwy 27 on the west edge of Lisbon.

Please review our schedule and indicate what meets you would like to attend by emailing mark.moss@k12.nd.us in a timely fashion. Please be aware that we have a limited amount of space for our varsity indoor meet and priority will be given to teams that have attended in the past. *If you would like to attend our varsity indoor, please check with Coach Moss or our AD for availability before scheduling.*

For the meets where we use a FAT, coaches will need to enter athlete information on the Athletic.Net website per state requirements.

Good Luck This Spring!

Mark Moss - Boy's Track Mark.Moss@k12.nd.us 701-308-0689

Brad Bittner - Girl's Track Bradley.Bittner@k12.nd.us 701-308-0617

Pat Adair - AD Pat.Adair@k12.nd.us 701-683-4106

Varsity

Date	Time	Meet
March 28	4:00	27 th Annual Randy Huether Indoor
April 8	4:00	6 th Annual Lisbon Yowzer
April 23	4:00	Lisbon American Legion

Jr. High

Date	Time	Meet
March 29	4:00	Junior High Indoor
April 9	4:00	Lisbon Outdoor
May 7	4:00	Lisbon Outdoor

Lisbon Broncos Track and Field Meet Info

- All meets will have a \$150 entry fee payable to Lisbon High School. (\$75 for boys/girls if separate)(\$10 per athlete for small teams)
- Admission will be charged for fans. (\$5 Adults and \$3 Students)
- No tape to be used on the track or runways. If found, it will result in an *immediate disqualification from that event for the athlete responsible* with no warning!

Randy Huether Indoor at NDSCS - March 28th, 2019

1. No Spikes
2. *Stickers are required for all running events that include first and last name, school, and event.*
3. Be ready to help. Each team will be assigned an event to run or asked to provide a timer.
4. Lap counters are required for *each* participant in the 880, Mile, 2 Mile, and 2 Mile Relay.
5. Awards: Team 1st place trophy, MVP trophy for outstanding male/female athletes, 1st place event trophy, and ribbons for places 2-6 in all events.
6. Team scoring for six places: 10-8-6-4-2-1

Lisbon Jr. High Indoor at NDSCS - March 29th, 2019

1. No Spikes
2. *Stickers are required for all running events that include first and last name, school, and event.*
3. Be ready to help. Each team will be assigned an event to run or asked to provide a timer.
4. Lap counters are required for *each* participant in 880.
5. Awards: Ribbons for places 1-6 for all four divisions (7th/8th Boys, 7th/8th Girls)
6. No team scoring and results will be kept. Please get athlete results before you leave.

Varsity Outdoors - April 8th, April 23rd, 2019

1. Ribbons for places 1-8. Please pick up at end of meet.
2. Javelin will be thrown on track infield (football field). Keep your athletes out of this area!
3. Team camps will be east of the track and behind the outside fence.

Jr. High Outdoors - April 9th and May 7th, 2019

1. Separate divisions for 7th Boys, 8th Boys, 7th Girls, and 8th Girls.
2. *Stickers are required for all running events that include first and last name, school, and event.*
3. Ribbons for places 1-8. Please pick up at end of meet.
4. Team camps will be east of the track and behind the outside fence.

27th Annual Lisbon Randy Huether Indoor Track and Field Classic
Clair T. Blikre Activities Center, NDSCS Campus
March 28th, 2019

Field Events

4:00	Long Jump	Boys & Girls	3 Jumps - No Finals
	High Jump	Boys	
	Shot Put	Boys	4 Throws - No Finals
	Pole Vault	Boys & Girls	

15 minutes after completion of 4:00 field event

	Triple Jump	Boys & Girls	3 Jumps - No Finals
	High Jump	Girls	
	Shot Put	Girls	4 Throws - No Finals

Running Events - Girls First - No Spikes

5:00	Girl's Shotputters 60
	2 Mile Relay
	60 Hurdles
	440
	Mile
	60
	Boy's Shotputters 60
	4 x 1 Lap Relay
	880
	220
	2 Mile
	Mile Relay

Awards ceremony: Most Valuable Athletes
Team Champions

➤ Results will be posted on <http://www.lisbonpublicschools.com/boys-track/>

Lisbon Jr. High Indoor Track and Field Meet
Clair T. Blikre Activities Center, NDSCS Campus
March 29th, 2019

Field Events – 7th/8th grades will compete together but in separate divisions

4:00	Long Jump	Boys
	High Jump	Girls
	Pole Vault	Boys/Girls
	Shot Put	Girls

15 minutes after completion of 4:00 field event

Long Jump	Girls
Shot Put	Boys
High Jump	Boys

Running Events - 8th Girls, 7th Girls, 8th Boys, 7th Boys

4:45	60 Hurdles
	440
	60
	4 x 1 Lap Relay
	880
	220
	Mile Relay

- No Spikes
- Unlimited Entrants including Relays
- No team scores or results will be kept. Record results before leaving!
- Top six in each division will receive a ribbon

6th Annual Lisbon Yowzer

April 8th, 2019

Field Events

4:00 Boys
Triple Jump
Shot Put
Javelin

Girls
High Jump
Long Jump
Discus
Pole Vault

15 Minutes after completion of 4:00 events

Boys
Long Jump
High Jump
Discus
Pole Vault

Girls
Triple Jump
Shot Put
Javelin

Running Events - Girls first

4:30 3200 Relay
300 Hurdles
100
800 Relay
1600 Run
400 Relay
400
100 Hurdles
110 Hurdles
800
200
3200 Run
1600 Relay

Qualifying distance for 3 more attempts:

Long Jump	Boys 18'	Girls 14'
Triple Jump	Boys 38'	Girls 30'
Shot Put	Boys 40'	Girls 30'
Discus	Boys 120'	Girls 90'
Javelin	Boys 140'	Girls 90'

➤ Results will be posted on <http://www.lisbonpublicschools.com/boys-track/>

Lisbon American Legion

April 23rd, 2019

Field Events

4:00 Boys
Triple Jump
Shot Put
Javelin

Girls
High Jump
Long Jump
Discus
Pole Vault

15 Minutes after completion of 4:00 events

Boys
Long Jump
High Jump
Discus
Pole Vault

Girls
Triple Jump
Shot Put
Javelin

Running Events - Girls first

4:30 3200 Relay
300 Hurdles
100
800 Relay
1600 Run
400 Relay
400
100 Hurdles
110 Hurdles
800
200
3200 Run
1600 Relay

Qualifying distance for 3 more attempts:

Long Jump	Boys 18'	Girls 14'
Triple Jump	Boys 38'	Girls 30'
Shot Put	Boys 40'	Girls 30'
Discus	Boys 120'	Girls 90'
Javelin	Boys 140'	Girls 90'

➤ Results will be posted on <http://www.lisbonpublicschools.com/boys-track/>

Lisbon Jr. High Outdoor

April 9th and May 7th, 2019

Field Events – 7th/8th grades will compete together but in separate divisions

4:00 **Boys**

High Jump – North Pit
Triple Jump
Shot Put (8th North and 7th South)

Girls

High Jump – South Pit
Long Jump
Discus (8th West and 7th East)
Pole Vault

15 Minutes after completion of 4:00 events

Boys

Long Jump
Discus (8th West and 7th East)
Pole Vault

Girls

Triple Jump
Shot Put (8th North and 7th South)

Running Events – 8th Girls, 7th Girls, 8th Boys, 7th Boys

4:30 200 Hurdles

100

800 Relay

1600 Run – 7th/8th grades will compete together (7th will wear mesh jerseys)

400 Relay

400

100 Hurdles

110 Hurdles

800

200

1600 Relay

➤ Results will be posted on <http://www.lisbonpublicschools.com/boys-track/>