

Spring, 2020

Dear Coach/Athletic Director,

Lisbon Public Schools will again be hosting a number of invitational track and field meets for the 2020 season.

Entry fee for all Lisbon sponsored meets is \$200 per team. (see next page for more info) 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](mailto: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 system, 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](mailto:Mark.Moss@k12.nd.us) 701-308-0689  
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### **Varsity**

<b>Date</b>	<b>Time</b>	<b>Meet</b>
March 24	4:00	28 <sup>th</sup> Annual Randy Huether Indoor
April 6	4:00	Lisbon Yowzer Outdoor
April 21	4:00	Lisbon American Legion Outdoor

### **Jr. High**

<b>Date</b>	<b>Time</b>	<b>Meet</b>
March 23	4:00	Junior High Indoor
April 7	4:00	Lisbon Outdoor
May 5	4:00	Lisbon Outdoor

## Lisbon Broncos Track and Field Meet Info

- All meets will have a **\$200** entry fee payable to Lisbon High School. (\$100 for boys/girls if separate)(\$10 per athlete for teams with less than 10 boys/girls)
- 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 24<sup>th</sup>, 2020

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 1<sup>st</sup> place trophy, MVP trophy for outstanding male/female athletes, 1<sup>st</sup> 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 23<sup>rd</sup>, 2020

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 (7<sup>th</sup>/8<sup>th</sup> Boys, 7<sup>th</sup>/8<sup>th</sup> Girls)
6. No team scoring and results will be kept. Please get athlete results before you leave.

### Varsity Outdoors - April 6<sup>th</sup>, April 21<sup>st</sup>, 2020

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 7<sup>th</sup> and May 5<sup>th</sup>, 2020

1. Separate divisions for 7<sup>th</sup> Boys, 8<sup>th</sup> Boys, 7<sup>th</sup> Girls, and 8<sup>th</sup> 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.

**28<sup>th</sup> Annual Lisbon Randy Huether Indoor Track and Field Classic**  
**Clair T. Blikre Activities Center, NDSCS Campus**  
**March 24<sup>th</sup>, 2020**

**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** - Boys 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 23<sup>rd</sup>, 2020**

**Field Events** – 7<sup>th</sup>/8<sup>th</sup> 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** - 8<sup>th</sup> Boys, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 7<sup>th</sup> Girls,

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

# 4<sup>th</sup> Annual Lisbon Yowzer

## April 6<sup>th</sup>, 2020

### 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 - Boys 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 21<sup>st</sup>, 2020

### 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 - Boys 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 7<sup>th</sup> and May 5<sup>th</sup>, 2020

**Field Events** – 7<sup>th</sup>/8<sup>th</sup> grades will compete together but in separate divisions

4:00 **Boys**

High Jump – North Pit  
Triple Jump  
Shot Put (8<sup>th</sup> North and 7<sup>th</sup> South)

**Girls**

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

15 Minutes after completion of 4:00 events

**Boys**

Long Jump  
Discus (8<sup>th</sup> West and 7<sup>th</sup> East)  
Pole Vault

**Girls**

Triple Jump  
Shot Put (8<sup>th</sup> North and 7<sup>th</sup> South)

**Running Events** – 8<sup>th</sup> Boys, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 7<sup>th</sup> Girls,

4:30 200 Hurdles

100

800 Relay

1600 Run – 7<sup>th</sup>/8<sup>th</sup> grades will compete together (7<sup>th</sup> 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/>