

LCC BEAR INVITATIONAL TRACK MEET

Thursday, April 18th, 2024

MEET DIRECTOR: QUIN CONNER
quin.conner@lccschool.org, (402) 389-0076

FIELD EVENTS

Please provide helpers and measuring tapes

BOYS

Shot Put-Randolph
Discus-TCNE
Long Jump-Wisner-Pilger
Triple Jump-Wisner-Pilger
High Jump-LCC
Pole Vault-Ponca

GIRLS

Shot Put-Randolph
Discus-TCNE
Long Jump-Pender
Triple Jump-Pender
High Jump-LCC
Pole Vault-Ponca

TIMERS/PICKERS (if needed)

1st-LCC
2nd-LCC
3rd-Wisner-Pilger
4th-Pender
5th-Tri County NE
6th-Randolph
7th-Ponca
8th-Creighton

HURDLE SETTERS

1st & 2nd Flight-Tri County NE
3rd & 4th Flight-Wisner-Pilger
5th & 6th Flight-Ponca
7th & 8th Flight-Winside
9th & 10th Flight-LCC

EXCHANGE JUDGES 4X100

1st Exchange-Pender, Ponca
2nd Exchange-LCC, Creighton
3rd Exchange-TCNE, Randolph

JURY OF APPEALS-Ponca, Tri County NE, LCC

**LCC BEAR INVITATIONAL TRACK MEET
ORDER OF EVENTS**

12:00 FIELD EVENTS

BOYS POLE VAULT followed by GIRLS POLE VAULT
BOYS SHOT PUT followed by GIRLS SHOT PUT
GIRLS HIGH JUMP followed by BOYS HIGH JUMP
BOYS LONG JUMP followed by BOYS TRIPLE JUMP
GIRLS LONG JUMP followed by GIRLS TRIPLE JUMP
GIRLS DISCUS followed by BOYS DISCUS

2:30 RUNNING EVENTS

3200M RELAY	FINAL
100M HURDLES	FINAL
110M HURDLES	FINAL
100M DASH	FINAL
1600M RUN	FINAL
400M RELAY	FINAL
400M DASH	FINAL
300M HURDLES	FINAL
800M RUN	FINAL
200M DASH	FINAL
3200M RUN	FINAL
1600M RELAY	FINAL

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- **SCHOOLS PARTICIPATING:** Tri County NE, Pender, LCC, Creighton, Wisner-Pilger, Ponca, Randolph
- **ENTRIES: All entries done online. Entry fee-\$150. Entries will close at 9:00 PM on April 17th. Your entries are your responsibility and will only appear if you enter and save them. Please read and follow the directions carefully. Enter your roster and entries on the Bound login. You should have received an email when I added your team to the meet. If you have any questions on the entry process, please email Nate Sims at nate.sims@lccschool.org**
- Heat/Flight sheets will be available when you arrive at the meet
- **We will have our FinishLynx F.A.T. System that day and will not need timers and pickers unless we have a problem with the system.**
- Please park buses on the North Side of the track, parallel to the fence if possible.
- Coaches meeting will be held at 11:15 AM in the press box
- NSAA rules will be enforced
- No dressing facilities will be provided. A concession stand will be available.
- Only track spikes of 1/8 " or less will be allowed
- No tape on runways or track. Chalk will be available. Long Jump, Triple Jump, Shot and Discus will consist of 4 attempts, with no additional finals. The high jump and pole vault starting heights will be determined at the coaches meeting.
- The scoring will be 10-8-6-4-2-1. Medals will be awarded for places 1-6 in all events. Trophies will be given to the champions in both divisions. All awards and results can be picked up at the end of the meet.
- All running events will be finals only (no prelims) with the fastest entry times in the final heat.
- At the conclusion of any field event, there shall be no further practice and the implements removed from the area.
- At the conclusion of the meet, please advise your team to pick up trash from your prospective areas.
- We look forward to hosting the meet!

LCC BEAR INVITATIONAL GIRLS RECORDS

HIGH JUMP	Emily Schroeder	5' 3"	Laurel-Concord	2003
DISCUS	Larissa Toth	135' 11"	Lutheran High NE	2012
LONG JUMP	Jordyn Carr	17' 8"	Allen	2019
TRIPLE JUMP	Karissa Blank	35' 5.25"	Lutheran High NE	2008
SHOT PUT	Angie Peters	39' 11.5"	Laurel-Concord	2005
POLE VAULT	Jayden Jordan	9' 9"	Crofton	2021
3200M RELAY	Erin Keitges Sarah Sullivan Codi Hingst Sam Bock	10:30.1	Allen	2005
400M DASH	Bethany DeLong	1:00.4	Laurel-Concord	2007
	Kelli Rastede	1:00.4	Allen	2004
3200M RUN	Jordyn Arens	11:49.23	Crofton	2021
100M HURDLES	Kelsey Dietrich	15.9	Laurel-Concord	2013
100M DASH	Bethany DeLong	11.9	Laurel-Concord	2008
800M RUN	Katie Jacobsen	2:21.9	Laurel-Concord	2009
300M HURDLES	Heather Beutler	49.2	Pender	2006
	Taylor Krusemark	49.2	Pender	2012
200M DASH	Bethany DeLong	25.1	Laurel-Concord	2008
1600M RUN	Jordyn Arens	5:30.44	Crofton	2023
400M RELAY	Kim Lubberstedt Bethany DeLong Heather Bearnas Jenny Schroeder	52.9	Laurel-Concord	2007
1600M RELAY	Susan Pritchard Katie Peters Emily Schroeder Makayla Hansen	4:19.5	Laurel-Concord	2003

LCC BEAR INVITATIONAL BOYS RECORDS

HIGH JUMP	Sam Haase	6' 6"	Lutheran High NE	2005
DISCUS	Ezra Schantz	163' 9"	Laurel-Concord	2010
LONG JUMP	Johnny Saunders	21' 11.5"	Laurel-Concord	2010
TRIPLE JUMP	Marcus Messersmith	43' 7.5"	Winside	2007
SHOT PUT	Ezra Schantz	54' 3"	Laurel-Concord	2009
POLE VAULT	Daniel Puppe	12' 0"	LCC	2023
3200M RELAY	Andrew Gothier Pat Harrington Nathan Burns Tony Jacobsen	8:29.0	Laurel-Concord	2007
400M DASH	Brian Saunders	50.9	Laurel-Concord	2007
3200M RUN	Tony Jacobsen	10:15.6	Laurel-Concord	2005
110M HURDLES	Daniel Puppe	14.70	LCC	2023
100M DASH	Brody Krusemark	10.80	Pender	2022
800M RUN	Clint Bottorf	2:01.6	Ponca	2005
300M HURDLES	Luke Sachau	41.9	Allen	2007
200M DASH	Brody Krusemark	22.39	Pender	2023
1600M RUN	Pat Harrington	4:39.0	Laurel-Concord	2007
400M RELAY	Justin Hart Johnny Saunders Mitch Heikes Nathan Burns	44.8	Laurel-Concord	2009
1600M RELAY	Tony Jacobsen Nathan Burns Tyler Petersen Brian Saunders	3:29.9	Laurel-Concord	2007