

# LSAM State 2024 Schedule of Events

## **Saturday Meet Site: Lutheran High School St. Charles**

**8:00 AM** Coaches' Meeting

**8:15 AM** Teams line up for parade and team pictures are taken

**8:30 AM** Opening Ceremonies:

Athletes parade into the stadium with their school banner

Opening Worship on the track led by Rev. John Greene (Grace Chapel)

**9:15AM** – Meet Starts

*Team trophies awarded at the conclusion of today's meet*

**Times are approximate and events can run early or late.** Coaches please inform your athletes of this that they will be present in plenty of time and ready to participate. **In all races, girls run first then boys.**

**LSAM will follow MSHSAA guidelines at State Tournaments. Each tournament LSAM reserves the right to post supplemental rules, with LSAM Board approval, which take precedence over MSHSAA rules.**

### **Order of Running Events**

9:45 A.M.	800 m timed FINALS
10:15	100 m HEATS
11:00	100 m hurdle HEATS (10-30")
11:30	4 X 400 m relay timed FINALS
12:00 P.M.	100 m hurdle FINALS
12:15	100 m FINALS
12:30	4 x 200 m relay FINALS
1:15	400 m timed FINALS
1:45	1600 m timed FINALS
2:30	200 m timed FINALS
3:00	4 x 100 m relay FINALS

### **Order of Field Events**

9:15 A.M.	Boy's High Jump
9:15	Girl's High Jump
9:15	Girl's Long Jump
9:15	Boy's Shot Put (4kg)
9:15	Girl's Discus (1kg)
9:15	Boy's Triple Jump
10:45	Boy's Long Jump
10:45	Girl's Shot Put (6lbs)
10:45	Boy's Discus (1kg)
10:45	Girl's Triple Jump