



celebrating the 20th annual
LSAM STATE
TRACK & FIELD
CHAMPIONSHIPS

May 11, 2024 8 AM-3:30 PM
at Lutheran High School of Saint Charles County
5100 Mexico Road St. Peter's, MO 63376

I pray that out of His glorious riches, He may strengthen you with power through His Spirit in your inner being. Eph.3:16

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LSAM State Track & Field Meet 2024

Welcome to the 20th Annual LSAM State Track & Field Meet

The Lutheran School Association of Missouri is proud to welcome the athletes, coaches, parents and spectators to the 2024 LSAM State Track & Field Championship Meet. We are looking forward to a large turnout and plan to conduct a great meet.

This year's competition will prove to be just as exciting for athletes, coaches, family members and spectators alike! The LSAM State Track & Field Championship Meet is more than competition; it is also fun! Regardless of whether young athletes achieve a personal best, win a ribbon or become the LSAM State Champion, they will certainly experience a first-class competition and have the opportunity to honor God with their skills and talents while making new friends - and a lifetime of memories!

Lutheran Sports Association of Missouri Organizing Committee

President Brandon Marolf, St. Charles

Vice President Drew Burnett Jefferson City

Secretary Ross Gilbert, Jefferson City

Treasurer Tyler Kopp, Jefferson City

Regional Directors

John Hohenstein

St. Louis- South

Carol Brown

St. Charles

Bob Dubberke

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Kansas City

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Vacant

Central Missouri

Ross Gilbert

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Michael Lowther

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Central

South & Public Relations

Central

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Member at Large,

Southeast

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Missouri

Eric Binder

Member at Large, St. Louis

Tournament Directors

State Cross Country

Ruth Rethemeyer

State Volleyball

Caroline Burnett and Samantha Dubberke

State Basketball

Drew Burnett and Mark Murphy

Scholar Bowl

Sarah Benkendorf and Brenda Lowther

State Track and Field Claire Wiegand and Chuck Dreessen

Charter Members

Jerry Kopp- Pres. Emeritus, Jerry Robinett, Marc Debrick, Steve Gonzales, Mark Eggers, Russell Peck

State Track Meet Management

State Weekend Director – Claire Wiegand

Phone: 314-640-3819

email: lsamtrackandfield@gmail.com

Meet Manager – Chuck Dreessen

Home phone: 636-349-4416

email: cdreessen428@gmail.com

Athlete Individual Eligibility

See LSAM grade school rules section 4.01, 4.03, and 4.06. These were used for the volleyball and basketball state tournaments. A copy of these rules can be obtained at the website www.lsam.org

Entry Applications, Requirements, and Meet Fee

School Registration Form: All pages of the School Registration form must be submitted accurately and completely and in the hands of the Track committee via mail or electronically by 8:00 p.m. on Tuesday, May 7, 2024.

Online Event Entries: Schools enter athletes on-line through the Host Meet Director. The registration will open April 23 and close by 10:00 p.m. on Tuesday, May 7, 2024. HEATS ARE ASSIGNED BY THE COMPUTER BASED ON TIMES. IF NO TIMES ARE GIVEN THE ATHLETES WILL BE PLACED IN A SLOWER HEAT. An entry list for each school will be available on Saturday morning before the coaches meeting.

Entry Limitation: Each athlete may enter four (4) events with a maximum of three (3) running events which includes any relay(s). Each school shall be limited to one entry in a relay event unless a second team has also met the State qualifying standard. We will also have a limit of three (3) participants per school per event unless all of the school's entrants in that event have met the state qualifying standards. If an athlete participates in 4 (four) running events the points earned will be forfeited and subtracted from the team score. Other athletes in the four events, the infraction occurred in, will advance in placement and receive the additional point(s) commensurate with that new place.

Scratches or Changes: After the online has closed, changes can be made that week up until 11:00 am on Friday, May 10, by emailing lbayer@immanuelstcharles.org. If an athlete is sick or injured a coach may scratch that athlete's events at the 8:00 am coaches meeting on Saturday morning. Substitutions for a relay team may only be made if an athlete is injured, gets ill, or never showed-up for the meet. This replacement must be on the State Roster and must meet entry limitations. Coaches must make any relay change in the Bullpen before the race with the event recorder. Otherwise, you must stick to your original application. All athletes are data-based into a "Track Meet Manager" software package. The fewer changes we have to make on the Meet date the better.

Meet Fee: \$10.00 per individual athlete. However, a maximum total entry fee for any school is \$150. All payments should be made payable to **L.S.A.M.** **Mail in your entry fee or bring it with you and turn in at the coaches meeting**

Mail payment to: LSAM - Claire Wiegand
Salem Lutheran School
5025 Lakewood Ave.
Affton, MO 63123

Admission Fee

The admission fee for the competition on Saturday is **\$5**. All children kindergarten and under will be admitted FREE. Note: Track Coaches, athletic directors, and principals will be admitted free (PLEASE IDENTIFY YOURSELF AS THE APPROPRIATE PERSON AND YOUR SCHOOL).

Food Services

A concession stand will be available at the track and numerous fast food and national chain restaurants are available within 5 to 10 minutes from the Track. **PLEASE DO NOT BRING OUTSIDE FOOD INTO THE TRACK EVENT! Help support the concession stand.**

Qualifying Standards

Coaches should consider the following guidelines for Performance Standards:

1. Competition events and qualifying criteria – Any athlete that a coach feels qualifies for the STATE Tourney may enter. If the athlete has great practice times or has finished in the top 6 at any track meet, he/she should be considered.
2. Here are suggested times and distances to use as a guide to determine who from your school deserves to go. Please try to stay close to these suggestions.
3. Remember, each school shall be limited to one (1) entry in a relay event unless a second team also meets the qualifying standard. We will have a limit of three (3) participants per school per event unless all of the school’s entrants in that event have met the state qualifying standards.

EVENT	BOYS	GIRLS
100 meters	14.0 sec	15.0 sec
100 meter hurdles	(10 - 30") 20 sec	(10 - 30") 23 sec
200 meters	28.0 sec	33.0 sec
400 meters	68 sec	74 sec
800 meters	2 min, 40 sec	3 min, 5 sec
1600 meters	6 min	6 min, 40 sec
4 x 100 meter relay	57.0 sec	62.0 sec
4 x 200 meter relay	2 min	2 min, 10 sec
4 X 200 meter relay	5 min	5 min, 30 sec
Long jump	4.27 m (14 ft)	3.96 m (13 ft)
Triple jump	9.14 m (30 ft)	7.92 m (26 ft)
High jump	(start at 4' 2"/1.27 m") 1.47 m (4' 10")	(start at 3' 10"/1.17 m) 1.27 m (4' 2")
Shot put	(4 kg) 8.5 m (28 ft)	(6 lb) 7.3 m (24 ft)
Discus	(1 kg) 25.9 m (85 ft)	(1 kg) 65 ft 19.8m

NOTE: DO NOT PLACE AN ATHLETE IN AN EVENT THAT HE/SHE HAS NO KNOWLEDGE OR SKILL. WE DO NOT WANT ATHLETES TRYING HURDLES, DISCUS, SHOT PUT, THE MILE RUN, ETC. AT THE STATE MEET IF THEY HAVE HAD NO PRIOR EXPERIENCE. We want students to get a chance to compete, but this is not safe and it is not fair.

Rules and Regulations

1. **MSHSAA Rules** - The meet will be conducted in accordance with MSHSAA rules, including those applicable and specific to middle school/junior high students. There will be NO age division breakdowns. There is only one boys division and one girls division. Some changes may be made at an LSAM sanctioned event with approval of the LSAM Board.
2. **Event Limits** - Each athlete may enter four (4) events with a maximum of three (3) running events (relays count as a running event). Each school shall be limited to one entry in a relay event unless a second team has also met the State Qualifying Standard. We will also have a limit of three (3) participants per school per event unless all of the school's entrants in that event have met the state qualifying standards.
3. **Uniforms** - All track athletes from a school must wear the same school colors so they can easily be identified. Relay participants must especially wear a top of the same color(s) and are **strongly encouraged** to have shorts of the same color(s) too.
4. **Event Schedule and Check-in** - Meet Management cannot post accurate event start times due to the unknown number of entries. Coaches will receive an event order update at the packet-pickup. Athletes must listen for their event to be announced as a "first call" and immediately report to the designated area when they hear the "second call". If an athlete hears the "third call", he/she better be just a few steps away.
5. **Conflicting Events** - When an athlete has two events occurring at the same time, **ALWAYS DO THE RUNNING EVENT FIRST**, and then return for the field event. **Tell the event official you are leaving to run.** Athletes are to report back to their field event within 15 minutes of the completion of their running event or FACE POSSIBLE ELIMINATION FROM THE EVENT. Coaches please tell your athletes to hurry back to their field event after completing their running event so the meet can continue in an orderly manner.
6. **Field Events** - Except for the high jump, entrants for **all field events will be given one unmeasured practice jump or throw.** Finals will consist of three measured jumps or throws in the long jump, triple jump, shot put, and discus throw. (A 4kg shot for boys and a 6-pound shot for girls will be used. A 1 kg discus will be used for both boys and girls.) The best jump or throw out of the three will be used to determine the winner. The second best jump or throw will be used to break any ties.
7. **High Jump** - For the high jump event, 3 attempts will be allowed at each height until the entrant is eliminated. Girls will start at 1.17 m (3'10"), and boys will start at 1.27 m (4'2"). The first jump heights will increase by 8 cm until there are only 4 jumpers left. Then the increased interval will only be 5 cm. However, the rate at which they increase will be at the discretion of the event judge. The event must keep moving to stay on schedule. **Coaches please note that both high jumps will be held outside and at the same time. Have your athletes wear proper shoes for the conditions.**
8. **Sprint Heats** - The 100-meter hurdles and 100-meter dashes will be run in heats. When placing runners in heats, we will use the personal records recorded on the entry form for each athlete. We will try to make fast heats and slower heats, but no guarantee. Those entrants with one of the eight fastest preliminary times that day will qualify for the final heat. The final heat will determine each entrant's award placement.
9. **Other Individual Runs** - The 200, 400, 800 and 1600-meter runs will be run in timed heats. The final places will be determined by each entrant's heat time. No finals will be run for these events. **Remind your runners that they are competing against the clock.**
10. **Hurdles** - Both boys and girls will run a 100 meter hurdle race. There will be ten (10) 30-inch high hurdles. The distance to the first hurdle is 13 meters and the distance between is 8.5 meters. The distance to the finish line from the last hurdle is 10.5 meters.

11. **Relay teams** – All relay team members must be from the same school. A relay team consists of four (4) athletes entered into the meet on the entry form. Acceleration zones of 10 meters and exchange zones of 20 meters will be used. Acceleration zones are only allowed in the 4 x 100 relay.
12. **Special equipment** – Starting blocks are allowed but are not provided. The track is an all-weather track. Athletes are allowed to wear track shoes with 1/8” or 1/4” spikes. These will be checked in the bullpen/staging area.
13. **Disqualifications** – In all events, any disqualifications will be made according to MSHSAA Track Rules at the discretion of the event official and/or meet manager.
14. **Scratches, substitutions** – **Any scratches or substitutions may be made at the coaches meeting at 8:00 AM on Saturday morning.** Please do not abuse this privilege. Only make changes if an athlete is injured or can't make it. It affects our seeding and race entry sheets too much. All the athletes and events are entered into a computer. The fewer changes made on Saturday, the better. **After 8:30 AM, no changes can be made unless there is an injury to a relay runner.** The relay team can be filled out with someone else from the school's state roster, provided the athlete has not participated in 4 events already.

Awards

Individual Awards: The first 8 places in each event are awarded medals. All medals for athletes who finish in the top 8 places will be handed out after results are announced.

Team scoring and Awards: Team scoring will be based on the following point structure with the top 8 places scored (10, 8, 6, 5, 4, 3, 2, 1) to indicate points from first through eighth place).

In each division, boys and girls, the following school team points shall be awarded for each event:

1 st place – 10 pts	5 th place – 4 pts
2 nd place - 8 pts	6 th place – 3 pts
3 rd place - 6 pts	7 th place – 2 pts
4 th place - 5 pts	8 th place – 1 pt

Top 4 teams in each division, boys and girls, will receive a plaque. Each State champ receives a gym banner. The team trophies will be handed out during the awards ceremony at the conclusion of the meet.

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

3:30 PM (approximately) Closing Ceremony and Team Trophy Presentation: Will take place as soon as events are completed and points are tabulated.

LSAM STATE TRACK AND FIELD MEET RECORDS

Boys 100 Meter Dash	11.38	2011	Malik Johnson – Grace Chapel, St. Louis
Boys 100 Meter Hurdles	13.99	2017	Maxwell Hill – Calvary, Kansas City
Boys 200 Meter Dash	23.19	2012	Lezoghia Member-Meneh – Christ Community, Kirkwood
Boys 400 Meter Dash	55.46	2017	Timothy Smith – Atonement, St. Louis
Boys 800 Meter Run	2:13.00	2018	Henry Hardeman – Christ Community, Kirkwood
Boys 1600 Meter Run	4:57.40	2017	Henry Hardeman – Christ Community, Kirkwood
Boys 4x100 Meter Relay	48.73	2022	G. Phillips, R. White, T. Thornton, M. Stephenson- Luth. N. Middle
Boys 4x200 Meter Relay	1:43.39	2023	S. Conteh, B. Hirt, A. Story. X. Neal – Grace Chapel, St. Louis
Boys 4x400 Meter Relay	3:54.28	2012	C. Martin, A. Collier, P. Irving, N. Ricks – Salem, Black Jack
Boys Long Jump	5.70 m (18' 8.5")	2012	Lezoghia Member-Meneh – Christ Community, Kirkwood
Boys Triple Jump	11.81 m (38' 9")	2006	Zachary Gray – Calvary, Kansas City
Boys High Jump	1.77 m (5' 10")	2003	Ben Harmon – Green Park, St Louis
Boys Shot Put (8 lbs.)	14.82 m (48' 7.5")	2010	Will Fife – Trinity JC (Retired Record)
(4 kg)	11.97 m (39' 3.5")	2018	Ryan Boettcher – Zion, St. Charles
Boys Discus Throw	39.37 m (129' 2.25")	2006	Jason Obermann – Trinity, Freistat
Girls 100 Meter Dash	11.91	2018	Anivah Brown – Salem Black Jack
Girls 100 Meter Hurdles	16.25	2009	Taylor Brockmiller – St Paul, Farmington
Girls 200 Meter Dash	25.58	2018	Anivah Brown – Salem Black Jack
Girls 400 Meter Dash	58.79	2023	Jordan Haywood – Lutheran North Middle School
Girls 800 Meter Run	2:24.76	2015	Helaina Williams- Lutheran School Association Cole Camp
Girls 1600 Meter Run	5:27.91	2014	Riley Schelp, – Christ Community, Kirkwood
Girls 4x100 Meter Relay	53.28	2012	T. Harris, A. Alphin, P. Simmons, J. Pierce – Salem, Black Jack
Girls 4x200 Meter Relay	1:55.78	2012	A. Alphin, L Phillips, P. Simmons, J. Pierce – Salem, Black Jack
Girls 4x400 Meter Relay	4:33.36	2017	A. Zimmerman, B. Morris, M. Homfedlt, E. Sporleder – Trinity J.C.
Girls Long Jump	4.90 m (16'1")	2022	Olivia Rea- Salem, Affton
Girls Triple Jump	10.18 m (33' 5")	2013	Lektor Member-Meneh – Christ Community, Kirkwood
Girls High Jump	1.53 m (5' 0.5")	2008	Taylor Brockmiller – St. Paul, Farmington
Girls Shot Put	11.92 m (39' 1.5")	2015	Kennedy Aurentz- Springfield Lutheran, Springfield
Girls Discus Throw	32.75 m (107' 5.5")	2015	Kennedy Aurentz- Springfield Lutheran, Springfield

