

# LSAM State 2025 Schedule of Events

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

- 8:00 AM** Coaches' Meeting (@Bull Pen)  
**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 Pastor Michael Pottschmidt (St. Paul's, Concordia)  
National Anthem on the track sung by students of St. Paul's, Concordia,  
led by Rachel Martens  
**9:00 AM** Volunteers' Meeting - lead event volunteers must be present (@Bull Pen)  
**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