

# LSAM State 2026 Schedule of Events

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

- 8:00 AM** Coaches' Meeting (@Bull Pen - 100 m starting line)  
**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  
National Anthem on the track  
**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.**

### 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