



Track and Field Championship

Winnebago Lutheran Academy

May 3, 2019

Lutheran Invitational Track Meet

Winnebago Lutheran Academy

Friday, May 3, 2019

K YUfY\c b c f YX hc gYf j Ymc i Uh`K]b b YVU[c @ h\ Yf Ub '5WUXYa m`-h]g`
ci f [c U` hc `df c j]XYU` ` dUf h]W]dUb hg`Ub X `Wc UWX Yg`U`7\ f]gh]Ub`
Uha c gd\ Yf Y`c Z`Wc a dYh]h]c b `Ub X`ZY` `c k g\]d`Hc` < -A` VY`h\ Y[` c f m`

8UhYUbX H]a Y.

: f]XUmzA Um` z&\$%`
:]Y` X` 9j Yb hg (. \$ \$ da`
Fi b b]b [` 9j Yb hg (. ` \$`
@c WWh]c b . k]b b YVU[c @ h\ Yf Ub '5WUXYa mz (+) `9`A Yf f]` ` 5j Y`

7cUWX Yg`A YH]b [.

5`Wc UWX Yga YH]b [` k]` ` VY`Y` X` Uh` . ` \$`b YUf `h\ YZ` U[dc` Y`Uh`h\ Y`gc i h\ `g]XY`c Z`h\ Y`
hf UW` "Gf UhW YgzghUf h]b [` \ Y][` \ hg`Ub X` a YH`df c WX i f Ygk]` ` VY`X]gW` ggYX` Uh`h\]gh]a Y`

HYUa F Y[]ghf Uh]c b.

9b hf]Ygk]` ` VY`a UX Y`c b [k k k 'Uh\` Yh\]Wb Yh`D`](#) YUgYzgj Va]h`Yb hf]YgVmf% - da`c b`
[K YXb YgXUnzA Um`gh`](#) Hk c` Yb hf]YgUf YU` ` ck YX Zc f YUWX` Yj Yb h`-b` UXX]h]c b zZc i f k]` X`
WUf X` Yb hf]Yga UmVY`i` gYX` Zc f]b X]j]Xi U` `Yj Yb hg`H\ Yf Y]gU` ` ja]h`c Z`h\ f Y Y Yb hf]YgdYf`
Yj Yb h`-b X]j]Xi U` `Uh\` YhYg`Uf Y` ` ja]hYX` hc` Zc i f Yb hf]YgdYf` B: < G#K` =55` f i` ` Yg`

: UW`]h]Yg`

K @5` \ UgU`*` ` Ub Yz: ` YI` !GYU` `Hf UW`
@c b [` ` a dzHf]d` Y` ` a dzdc` Y`J` Ui` ` hzUb X` \] [` ` f a d`g] f ZUWg`Uf YU` `gc` : ` YI` !GYU`
%Gd]_Yg`Uf YU` ` ck YX`

Fi b b]b [` 9j Yb hg`

Fi b b Yf gg\ ci` ` X` W` YW`]b` c b` h\ Y`BK` Yb X` c Z`h\ Y`hf UW` "H\ Y`YI` W`dh]c b]gZc f` h\ Y`&\$ \$a`
Ub X` " \$ \$ \ i f X` Ygk \]W` k]` ` VY`W` Yf` _YX` Uh`h\ Y`ghUf h`c Z`h\ Y`]b X]j]Xi U` ` f UW`"
<]d`b i` a VYf g`Uf Y`Uj` U]` UV` Y]b` h\ Y`hf UW` `g\ YX` ` c WWhYX`]b` h\ Y`BK` Wc` f b Yf` c Z`h\ Y`hf UW`"
5` `]b X]j]Xi U` `Uh\` YhYg`g\ ci` ` X` d` UW` h\ Y`b i` a VYf` c b` h\ Y` YZ`h\]d` "C b` mh\ Y`Ub W` c f]b`
Uf Y` Umk]` ` b YX` U` \]d` hU[`

C b Yf Y` UmdYf` hYUa`

Df Y` ja g` % \$ # % \$ \ ` Ub X` % \$ \$ a` 8 Ug\`
-b` df Y` ja g` Uh\` YhYgk]` ` VY`gYX`YX`]b` i` g]b [` hmd]WU` ` W`]hYf]U` VUgYX` c b` h]a Y`
H\ Y`hc d` - h]a YgZc f` h\ Yg`Yj` Yb hgk]` ` f i` b`]b` h\ Y`Z]b U` g`
Hk c` \ YUhgk]` ` VY` f i` b` k]h\` h\ Y`g` c k Ygh` ` h]a YgZf c a` df Y` ja g]b` h\ Y`Z]f` gh` \ YUhz`
Ub X` h\ Y`ZUghYgh` * h]a Yg]b` h\ Y`g`YWc` b X`"

F Y` Umg`

H\ Y`hc d)` gYX`YX` hYUa` gk]` ` VY`d` UW`X`]b` h\ Y`ZUgh` \ YUh`fd` YUgY` VY` UgUW`W` f UhY` Ug`
dc` gg]V` Y`k]h\` gYX` h]a Ygk`

FYa U]b]b['hYUa gk]` `VY'd` UWX]b h\Y'g' c k \ YUh"
H\Y&\$a 'k]` `VYfi b 'UgUZ]bU` "

:]Y X '9j Ybhg`

<][\ `& a d#Dc` YJ Ui `h`

<][\ `& a d\Y][\ h'k]` `VYXYhYfa]b YX 'Ug', h\ VYgh'a]bi g&]b W\ Yg'
Dc` YJ Ui `h'k]` `VY', h\ VYgh'a]bi g*]b W\ Yg'
K =55'fi `Ygk]` `Udd` m'
Dc` YJ Ui `h'J Yf]Z]WJh]c b Zc f a gUf Yf Ye i]f YX`

@b [#f]d` Y& a d`

5h\ `YhYgk]` `VY[]j Y` `UhhYa dhg]b h\ Y'df Y`]a g'Ub X` `UhhYa dhg]b h\ Y'Z]b U` g`
5` `df Y`]a]b Uf m'UhhYa dhg' a i gh VY Wc b Xi WhYX]b h\ Y'h]a Y U` `c k YX`
H\ Yhc d' - k]` `UXj Ub W'hc Z]b U` g`
&'a]bi hYgk]` `VY[]j Yb Zf c a h\ Y Wc a d` Yh]c b `c Z'df Y`]a g'hc h\ Y VY[]b b]b[`c Z`
Z]b U` g`
:]b U` gk]` `VY Wc b Xi WhYX]b f Yj Yf gY'c f X Yf `c Z'dYf Zc f a Ub W`

G\ chDi h#8]gW` g`

G\ chgUb X` X]gWgk]` `bchVY'k Y][\ YX`"
Df Y`]a]b Uf]Ygk]` `VY Wc b Xi WhYX]b Z`][\ hg'c Z'bc ` Ygg'h\ Ub)`"
&'a]bi hYgc Z'k Uf a !i d'k]` `VY[]j Yb VYZc f YUW` Z`][\ h`
H<f Y'h\ f c k gk]` `VY[]j Yb]b 'df Y`]a g'Ub X Z]b U` g`
Hc d' - k]` `UXj Ub W'hc Z]b U` g Wc b Xi WhYX]b f Yj Yf gY'c f X Yf`
&'a]bi hYgk]` `VY[]j Yb Zf c a h\ Y Ubb ci b W'a Yb h'c Z Z]b U` g'hc h\ Y VY[]b b]b[`c Z`
Z]b U` g`

7\ YW!-b#Ci h`

5h\ `YhYga i gh W\ YW_]b 'df]c f 'hc h\ Y'ghUf h'c Z'h\ Y Yj Yb h"5h\ `YhYga i gh W\ YW_ 'ci h'k]h\
h\ Y Yj Yb h'f X[Y Ub X 'bch]Zmk \ Yb h\ Ym\ Uj Yf Yhi f b YX "5h\ `YhYg\ Uj Y&'a]bi hYgZf c a`
h\ Y'h]a Y h\ Yf' b Ua Y]gWU` `YX 'hc Wc a d` YhY'hc f Yhi f b 'hc Wc a dYh]h]c b "7c UW\ Ygc f`
ZY` `c k` U'h\ `YhYga Umbch W\ YW_]b #c i h'Zc f 'Ub mia Ya VYf `c Z'h\ Yf' hYUa` "

GWcf]b[.

FY UmUb X` -bX]j]Xi U` Yj Ybhgk]` `VY'gWc f YX Y][\ h'd` UWX g f%!, !*!)(!` !&%#7i a i `Uh]j Y`
gWc f Ygk]` `VY Ubb ci b W\ X h\ f ci [\ ci h h\ Y'a Y'h`"

-bX]j]Xi U` UbX HYu a '5k Uf Xg`

H\ Yhc d'h\ f Y Y]b X]j]Xi U` 'dYf Zc f a Yf g]b YUW\ Yj Yb h'k]` `f YW]j Y'a YX U` g`5' hf Uj Y`]b [`
hf c d\ mk]` `VY Uk Uf X YX 'hc h\ Y'hc d'Vc mg 'Ub X []f `g hYUa g`"

H]a]b[UbX FYgj `hg`

5<I ; 9h\ Ub_!mci 'hc ?A @Zc f'h]a]b['h\ Y Yj Yb h"FYgj `hg'c Z Z]b U` Yj Ybhgk]` `VY f YUX`
h\ f ci [\ ci h h\ Y'a Y'h"5` `f Yg `hgk]` `VY i d' c U X YX 'hc [k k k 'Uh\ `Yh\]Wb Yh](#) Uh h\ Y`
Wc b Wi gjc b `c Z'h\ Y'a Y'h`"

9bhf m: Y Y.

H\Y'9b hf mZYy]g~%\$'dYf 'gM\ c c` "D' YUgYzY]h\ Yf 'gYb X'h\ Y'W\ YW_ U\ YUX' c Z'h]a Yz c f 'Vf]b []h' hc'h\ Y'a Yyh"7\ YW_gWU b VY'a UX Y'ci h'hc` K]b b YVU [c @ h\ Yf Ub '5WUX Ya m'

G\ c c` 5gg] [ba Yb hg`

G\ c c` gUf Y B C H f Y g d c b g] V' Y Z c f f i b b] b [] b X] j] X i U` Y j Y b h g" K Y k c i ` X U g_ h\ U h' g\ c c` g\ U j Y c b Y] b X] j] X i U` f Y U X m h c ` \ Y` d] b ` U b] b X] j] X i U` Y j Y b h] b ` W U g Y` h\ Y f Y] g U` b Y Y X "< c k Y j Y f z Y U W\ ' g\ c c`] g' f Y g d c b g] V' Y Z c f ` U' f Y` U m Y I W\ U b [Y"

- , \$ \$ a ` F Y` U m`
- 9 I W\ U b [Y % K @ 5 U b X ` @ D G
- (\$ \$ a ` F Y` U m`
- 9 I W\ U b [Y % @ U _ Y g] X Y` U b X ` A U b] h c k c W
- 9 I W\ U b [Y & B c f h ` ` U b X ` U b X ` ? A @
- 9 I W\ U b [Y ` . G c f Y` U b X ` U b X ` : c I ` J U ` ` Y m

5h\ ` Yh Y'8 f c d' C Z Z U b X ` 6 i g D U f _] b [.

6 i g Y g g\ c i ` X Y b h Y f ` h\ Y k Y g h' d U f _] b [` ` c h ` U b X ` X f c d' c Z Z ` 5 h\ ` Y h Y g b Y U f ` h\ Y h f U W_ ` b c f h\ ` c Z h\ Y g\ c c` " 6 i g Y g g\ c i ` X ` d U f _] b ` h\ Y Z i f h\ Y g h' 9 U g h' d U f _] b [` ` c h' f g Y Y` U h h U W\ Y X ` a U d' Z c f ` X Y h U] ` g`"

H Y U a ` 7 U a d g`

H Y U a ` h Y b h g a U m V Y` g Y h i d] b ` h\ Y [f U g g m U f Y U g' c i h g] X Y` c Z h\ Y Z Y b W` U b X ` h c ` h\ Y Y U g h' c Z` h\ Y a U] b ` Y b h f U b W` h c ` h\ Y h f U W_ " f G Y` a U d' Z c f ` X Y h U] ` g`"

5 X a] g g] c b ` Z c f ` G d Y W h U h c f g`

B c b Y" K Y k U b h' c i f ` Z U a] `] Y g h c ` Y b ` c m h\ Y W c a d Y h] h] c b z Z i b z U b X ` Z Y ` ` c k g\] d"

7 c b W g g] c b g`

H < Y K @ 5 ` 6 c c g h Y f ` 7 ` i V k] ` ` d f c j] X Y W c b W g g] c b g" H\ Y W c b W g g] c b ` g h U b X `] g` c W U h Y X ` g c i h\ ` c Z h\ Y h f U W_ z b Y U f ` h\ Y Y b h f U b W` Z c f ` h\ Y f Y g h f c c a g`"

5 h\ ` Y h] W h f U] b Y f .

5 b ` U h\ ` Y h] W h f U] b Y f ` Z f c a ` 5 [b Y g] U b ` k] ` ` V Y U j U] ` U V ` Y b Y U f ` h\ Y Z ` U [d c ` Y z ` c W U h Y X ` U h ` h\ Y g c i h\ k Y g h' d c f h] c b ` c Z h\ Y h f U W_ z c b ` h\ Y] b Z] Y ` X "

@ - H H ! G] f h g ` 5 j U] ` U V ` Y . \$.

H\] g m Y U f z k Y k] ` ` \ U j Y @ H h ! g\] f h g U j U] ` U V ` Y Z c f ` U h\ ` Y h Y g z W c U W\ Y g z U b X ` d U f Y b h g h c ` c f X Y f " 7 c U W\ Y g z d' Y U g Y` g Y b X ` c i h' h\ Y c f X Y f ` Z c f a ` U h h U W\ Y X ` k] h\ ` h\] g Y a U] ` z k] h ` m c i f ` U h\ ` Y h Y g " K Y k c i ` X U g_ h\ U h m c i ` W c ` ` Y W h ` h\ Y h\ Y c f X Y f ` Z c f a g U b X ` d U m a Y b h g " D' Y U g Y z ` g Y b X ` h\ Y Z] b U ` ` b i a V Y f g c Z g\] f h g U ` c b [` k] h\ ` g j n Y g h c ` sjaeger@wlvikings.org V m H i Y g X U n z 5 D f] ` % h\ ` h c ` Y b g ` f Y m c i f ` h ! g\] f h g " H\ Y W c g h] g ~ % \$ \$ ` d Y f ` g\] f h " 9 I h f U h ! g\] f h g a U m V Y ` U j U] ` U V ` Y U h ` h\ Y a Y Y h "

E i Y g h] c b g 3

: c f ` e i Y g h] c b g f Y [U f X] b [` h\ Y a Y Y h z d' Y U g Y` W c b h U W h K @ 5 < Y U X ` 7 c U W\ z G Y h\ ` > Y U] Y f z U h ` - & \$!) + - ! & & - + z c f ` Y a U] ` U h ` sjaeger@wlvikings.org "

Lutheran Invitational Track Meet Schedule

Friday, May 3, 2019

- 2:45 pm Facilities are open.
- 3:30 pm Coaches Meeting near the flagpole (SW corner of infield)
- 3:55 pm Warm-up ends, final instructions are given.
- 3:57 pm National Anthem
- 4:00 pm Field Events Begin**
Girls High Jump
Boys Pole Vault
Girls Shot Put
Boys Discus
- Girls Long Jump- Prelims 4:00-4:45, Finals to follow
Boys Triple Jump- Prelims 4:00-4:45, Finals to follow
- Boys Long/Girls Triple- 45 min with finals to follow
- 4:30 pm Running Events-** All running events will run girls then boys
3200m Relay
100m Dash- Prelims
110m hurdles boys- Prelims
100m hurdles girls- Prelims
- 15 Minute Break**
100m hurdles girls- Finals
110m hurdles boys- Finals
100m dash- Finals
1600m Run
800m Relay- Exchange Zone 1: WLA and LPS
400m Dash
400m Relay- Exchange Zones 1: LLHS & MLHS
300m Hurdles 2: Northland & KML
800m Run 3: SLHS & FVL
200m Dash
3200m Run
1600m Relay

