**4nd ANNUAL LAKOTA NATION INVITATIONAL**

**Track Meet May 11, 2023**

**Entry Fee:** $150.00 (Payable to Lakota Nation Invitational)

**Awards:** **Medals will be awarded for the first 6 places for individual events and 3 places for relays**

 **Boys/Girls Team Championship Awards**

This is a Sanction meet. Bring your implements to Crow’s Nest to be weighed.

 Spikes: No longer than 3/16

 Entries: All entries must be entered on Athletic.net

 Entries due by 8:00 CST on May 10th

**Starter:** Brian Sieh

**Referee:** Chuck Wilson

 **10:30 CST Coaches Meeting at the Crow's Nest**

**11:00 Field Events (4 Jumps or Throws)**

Boys Shot Followed by Girls Shot

Girls Disc Followed by Boys Disc

Boys Long Jump Followed by Girls Long Jump

Girls Triple Jump Followed by Boys Triple Jump

Boys High Jump Followed by Girls High Jump

**NO POLE VAULT OR JAVELIN**

**1:00 CST Running Events (ALL Events Finals-Girls followed by Boys)**

 3200-Meter Relay

100-Meter Hurdles (Girls)

110-Meter Hurdles (Boys)

100-Meter Dash

800-Meter Relay

1600-Meter Run

400-Meter Relay

400-Meter Dash

300-Meter Inter. Hurdles

1600-Meter Medley Relay

800-Meter Dash

200-Meter Dash

3200-Meter Run (May run Girls/ Boys together, will discuss @ coaches meeting)

1600-Meter Relay

TEAMS WILL BE ASSIGNED A FIELD EVENT TO WORK SO PLEASE BRING ENOUGH TO COVER. WE ARE ALSO ASKING THAT IF YOU CAN PLEASE PROVIDE A TIMER.