



LaVelle Track & Field
TRIANGULAR MEET GENERAL INFORMATION
LaVelle vs. Bremen vs. Trinity Academy
Monday April 20, 2026



Gates Open - 4:30pm ET - Meet Starts - 5:30pm ET

ONLY ¼ inch spikes are allowed on our track – anything longer are prohibited

FACILITY

LaVelle Jr/Sr High School
69969 US 931 S
Lakeville, IN 46536

ENTRY LIMITS

- 3 entries per school for LJ, PV, HJ
- 4 Entries per school for Shot/Discus - NO Exhibition Races
- 2 entries/school running events
 - Exceptions: 400m, 800m, 1600m, 3200m
 - Exhibition entries may be allowed per request of coaches

FIELD EVENTS

- 4 attempts, no finals in horizontal jumps and throws
- Long Jump located on the southeast corner of track.
- Pole Vault is located in southeast corner of facility
- Shot and Discus are both located North of tennis courts behind baseball field

SCORING, TIMING, RIBBONS & RESULTS

- Timing will be via ULTRAK L10 Lane Timer or stopwatch
- Individual events scored 5-3-2-1
 - Top 4 finishers score points
 - Max 2 scorers per school
 - Relays scored 5pts for 1st & -3pts for 2nd
- Official scoring done in press box
- Ribbons will be available for pick-up in the press box following the meet.
- Results will be emailed to each AD by 10am the day following a meet.

ENTRIES

- Please enter entries in MeetPro by 11:00 AM ET the day before the meet

SEEDING

- Your fastest 2 runners will be seeded in the varsity race. Should you want a different runner entered, please email the name to eecker@unorth.k12.in.us by 10am the morning of the meet.

SPECTATOR ADMISSION

- \$7.00 per person / Preschool free
- Tickets will be for sale at gate for cash or credit card

ORDER OF EVENTS

Field Events

Implements should be weighed in upon arrival in the garage by concession stand.

Shot Put (girls-boys)

Discus (boys-girls)

High Jump (girls-boys)

- Cafeteria style
- Girls start at 4' with 2" intervals to 5' then 1" intervals thereafter
- Boys start at 5' with 2" intervals to 6' then 1" intervals thereafter

Long Jump (boys & girls together)

- Cafeteria style

Pole Vault (boys-girls)

- Girls start at 6' with 6" intervals to 8' then 3" intervals thereafter
- Boys start at 8' with 6" intervals to 10' then 3" intervals thereafter

Running Events

1. 3200m Relay (Girls/Boys together)
2. 100m Hurdles (G)
3. 110m Hurdles (B)
4. 100m Dash (G)
5. 100m Dash (B)
6. 1600m Run (Girls/Boys together)
7. 400m Relay (G)
8. 400m Relay (B)
9. 400m Run (G)
10. 400m Run (B)
11. 300m Hurdles (G)
12. 300m Hurdles (B)
13. 800m Run (G)
14. 800m Run (B)
15. 200m Dash (G)
16. 200m Dash (B)
17. 3200m Run (Girls/Boys together)
18. 1600m Relay (G)
19. 1600m Relay (B)