



Lakeville North Panther Mega Meet Saturday, April 25, 2026

Meet Information 2026 Teams

Teams Attending: Apple Valley, Belle Plaine, Bloomington Jefferson, Bloomington Kennedy, Burnsville, Chaska, Elk River, Irondale (Girls), Janesville-Waldorf-Pemberton, Lakeville North, Parnassus Prep, Red Wing, Simley, St Paul Highland Park, Trinity School at River Ridge

Entrant Limits: Each school may enter up to **3 (Three)** athletes per individual event and **1 Relay** team per relay. In the 3200m each team will be allowed 2 entries plus one additional entry if all athletes meet the following standards - Girls 12:30 / Boys 10:20. Entry deadline is Friday, 4/25 @ 12pm, done on Athletic.net.

Entry Fee: The entry fee for this meet is \$200.00 per school \$400.00 total, if both genders are attending. Please arrange to have payment sent to the Lakeville North Activities Department ASAP if you have not done so, this should have been on the contract sent. Thanks.

Entry Process: Entry deadline - Friday, April 25th @ 12:00 p.m.

Entry Link: www.athletic.net (you should have received an email from Athletic.net to accept invite for LN MEGA Meet)

Awards: Lakeville North Mega Meet **t-shirts to athletes and relay teams who placed 1st**. Have your athletes come up to the north end of the press box (toward school) once results are announced to receive their t-shirts. TC Running are sponsoring the t-shirts for this year.

Tradition end of meet FUN: 4x100m Pole Vault Relay, 4 heats if necessary based on participation (2 boys & 2 girls), 8 runners/school/gender (2 runners/leg).

Preliminary Meet Schedule (actual meet schedule will come out after entries are submitted).

9:30 Coaches Meeting behind home side bleacher on north end

10:00 High Jump (3 athletes per school) Two pits - boys and girls

10:00 Pole Vault (3 athletes per school) Starting height to be determined at area
Boys and Girls Going Opposite Directions if weather/wind permits.

10:00 Girls Discus (3 athletes per school, 3 throws; top 9 go to final for 3 more)
Boys Shot Put (3 athletes per school, 3 throws; top 9 go to final for 3 more)

12:30 Boys Discus (3 athletes per school, 3 throws; top 9 go to final for 3 more)
Girls Shot (3 athletes per school, 3 throws; top 9 go to final for 3 more)

10:00-12:00 Girls Long Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)
Boys Triple Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)

12:30-2:30 Girls Triple Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)
Boys Long Jump (3 athletes per school: Cafeteria style- 4 jumps no finals)

Running Event Schedule (1 Varsity Relay Team per school; 3 athletes in each individual event with the exception of the 3200m. where only 2 entrants are allowed- unless the 3200m standards are met by all athletes of a school.)

10:00 Girls 4 x 800m Relay (1 section)

10:15 Boys 4 x 800m Relay (1 section)

10:30 Girls 100m Hurdles (6 sections; timed finals)

10:50 Boys 110m High Hurdles (6 sections; timed finals)

11:00 Boys/Girls 100m Wheelchair (1 section; timed final)

11:05 Girls 100m Dash (6 sections; timed finals)

11:20 Boys 100m Dash (6 sections; timed finals)

11:30 Girls 4 x 200m Relay (2 Sections)

11:45 Boys 4 x 200m Relay (2 Sections)

12:00 Girls 1600m Run (2 Sections)

12:10 Boys 1600m Run (2 Sections)

12:30 Girls 4 x 100m Relay (2 Sections)

12:40 Boys 4 x 100m Relay (2 Sections)

12:45 Boys/Girls 400m Wheelchair (1 section; timed final)

12:50 Girls 400m Dash (6 sections; timed finals)

1:05 Boys 400m Dash (6 sections; timed finals)

1:30 Girls 300m Hurdles (6 sections; timed finals)

1:45 Boys 300m Hurdles (6 sections; timed finals)

1:55 Girls 800m Dash (4 sections)

2:15 Boys 800m Dash (4 sections)

2:35 Boys/Girls 200m Wheelchair (1section; timed final)

2:40 Girls 200m Dash (6 sections; timed finals)

2:50 Boys 200m Dash (6 sections; timed finals)

3:10 Girls 3200m Run (1 Section; 2 athletes per school unless standard provision met)

3:25 Boys 3200m Run (1 Section; 2 athletes per school unless standard provision met)

3:40 Girls 4 x 400m Relay (2 Sections)

3:50 Boys 4 x 400m Relay (2 Sections)

4:00 - Pole Vault Relay - Fun for kids build as many teams as possible

Important Points:

1. Long Jump and Triple Jump periods will be adhered to. Please make sure to instruct your athletes to make sure they get their jumps in.
2. We will use a 10 min. rule for excusing athletes from field events to running events. Athletes who need to leave for running events are required to check out with the field event, who will note the check out time on the clipboard.

3. Coaches are asked to come up to the timing trailer immediately upon arriving at the stadium. Any scratches/adds will be done at this time.
4. Live results can be found @ www.wayzataresults.com
5. All team camps are to be outside the track area. Please have your team cleanup at the conclusion of the meet. We will open the areas below the bleachers on the home side for inclement weather.
6. Instruct your athletes to listen to the P.A. announcer and to the calls given for each event. We will adhere to the time schedule unless inclement weather necessitates moving ahead of schedule. Instruct your athletes to report to the clerking area (50 yd line mid field) upon hearing the first call for their running event. Field Event scratches and check-ins are done at the event area.
7. Concessions will be available with a wide variety of food and beverages trucks.
8. Meet Scoring: 10-8-6-5-4-3-2-1 for both relays and individual events.
9. Only meet workers allowed in the press box.
10. We will be charging admission for this meet: Adults \$8.00, Students/Seniors \$5.00. Children under 5 free. Please inform your parents and spectators. I will send a link once I have it for pre-purchasing of tickets.
11. LNHS Facilities: As in past seasons we will utilize F.A.T. system to produce times readable to 1/1000's of a second in the event of close races. All finish times and places will be displayed on our scoreboard pending connectivity with timing system. It will show all places and FAT results – 1st-4th, 5th-8th, and team scores throughout the meet.
12. Results will be posted at www.wayzataresults.com. Results will be posted on our website, and will be emailed out after the meet.
13. Mega Meet T-Shirts will be for sale at the meet if athletes wish to purchase and have roster printed on the back.
14. Parking – Please encourage your parents to park either in the Lake Marion Elementary parking lot (southeast of stadium, off of Dodd Blvd.) or in the Ames Arena parking lot (west of stadium, off of Ipava Ave.)
15. Bus parking – drop off on either west or east side of stadium, **but have your bus park in the back of Lake Marion Elementary, directly south of the stadium or up at the high school parking lot (west side off of Ipava Ave).**
15. 2027 Mega Meet – Tentative date 4/24/26

Girls LNHS Mega Meet Records

100m Dash Laura Roesler Fargo South 12.07 2010
200m Dash Laura Roesler Fargo South 24.84 2010
400m Dash Laura Roesler Fargo South 54.75 2010
800m Run Laura Roesler Fargo South 2:11.62 2006
1600m Run Claire Flanagan Blake 5:02.90 2012
3200m Run Emma Benner Forest Lake 10:54.70 2015
100m HH Michaela Preachuk Lakeville North 15.25 2015
300m LH McKenzie Mehlich Fargo South 45.51 2005
4X100m Relay Kayla Steeves, Leah Hansen, Molly Hottman, Bergen Butala Mounds View 49.39 2007
4x200m Relay Alex Citrowske, Haley Kemper, Sami Kemper, Paige Kuplic Prior Lake 1:46.03 2012
4X400m Relay Kelsey Bethke, Emily Toninato, Missy Shelendich, Leah Hansen Mounds View 4:01.86 2009
4X800m Relay Sydney Paulson, Maria Kalkman, Isabelle Brezinka, Taylor Krone Anoka 9:29.01 2016
Long Jump McKenzie Mehlich Fargo South 18-1.25 2005
Triple Jump Abby Jungwirth Forest Lake 37-00.25 2016
Shot Put Amanda Mohs Fargo South 42-5.5 2007
Discus Jessica Cagle Grand Rapids 153-2 2009
High Jump Niamya Holloway Eden Prairie 5-8 2022
Pole Vault 11-0 Katie Murgic Rosemount 2010, Mikayla Johnson North Branch 2016

Boys LNHS Mega Meet Records

100m Dash Devin Crawford-Tufts Edina 10.77 2010
200m Dash Jonathan Webb Minnehaha Academy 21.95 2015
400m Dash Jerrell Hancock Anoka 49.39 2007
800m Run Justin Hyytinen Farmington 1:55.99 2015
1600m Run Justin Hyytinen Farmington 4:18.08 2015
3200m Run Ben Blankenship Stillwater 9:15.46 2007
110m HH Zach Vraa Rosemount 14.65 2010
300m IH Sam Lundquist Minnehaha Academy 39.18 2015
4X100m Relay Andrew Anderson, Austin Eliason, Alon Dungy, Christian Willman Rosemount 43.23 2009
4x200m Relay Anoka 1:30.32 2009
4X400m Relay Maple Grove 3:25.04 2012
4X800m Relay Christian Leonard, Tyler Hudson, Jacob Heyne, Lucas Trapp Elk River 8:07.16 2016
Long Jump Tommy McNamara Mounds View 23-4 2007
Triple Jump Christopher Udalla Elk River 45-07 2016
Shot Put Logan Hussung Farmington 55-10.5 2010
Discus Tyler Kubler Eden Prairie 161-10 2010
High Jump Derek Jerde Chaska 6-5 2009
Pole Vault 14-6 Jacob Wolter Lakeville North 2008, Kyle Meyer Lakeville North 2016, Alex Torp New Prague 2016