



Howard Lake – Waverly – Winsted Schools

Office of the Activities Director

Activities Director – Joe Puncchar

AD Secretary – Danielle Kuznia



HLWW Dick Sonstegard Invite

Tuesday, April 29, 2025

3:00 p.m. (Coaches meeting at 2:50)

Field Events at 3:00

Running Events at 3:30

Participating Schools: HLWW, ACGC, Lester Prairie, LeSueur-Henderson, New Century Academy, Norwood-Young America, Upsala-Swanville

Entry Fee: **\$150** (please send to HLWW High School, 8700 County Road 6 SW, Howard Lake, MN)

Ground Rules:

- 1/4" pyramid spikes or smaller
- No camps on the infield
- Use gates, do not jump the fences
- Warm up in the designated warm-up areas
- Keep your area clean
- Outdoor bathroom facilities are provided – do not go in the school
- Concessions will be available (water, Gatorade, chips, candy, pizza)
- NOTE: Buses can drop off right in front of the track and park in the main high school lot.*

Events:

- MSHSL scheduling for races (some races may be combined boys/girls depending on number of entries)

Field Events

- For the throws please be sure to have athletes help shagging to keep the events moving along.

- South Pit will be for Long Jump

- North Pit will be for Triple Jump

Triple Jump: Cafeteria	(4 jumps, no finals)
Long Jump: Cafeteria	(4 jumps, no finals)
Shot Put: Boys First, Girls Second	(4 throws, no finals)
Discus: Girls First, Boys Second	(4 throws, no finals)
Pole Vault: Girls first	(Boys starting height 7', 8' then up by 6")
	(Girls starting height 6', 7' then up by 6")
High Jump: Boys first	(Girls starting at 3'10" then up by 2")
	(Boy starting at 4'8" then up by 2")

Entries:

- 5 entries in the 100 and 200
- Unlimited in all other races and events (within reason!)
- 1 relay team per school



Howard Lake – Waverly – Winsted Schools

Office of the Activities Director

Activities Director – Joe Puncochar

AD Secretary – Danielle Kuznia



- I want this meet to be very coach/athlete friendly. If you need something let me know (extra entry, kids racing head to head, etc.)
- Please enter your rosters into athletic.net if you have not yet
- Entries are **due at 9 am on Tuesday, 4/29**
- **You will get an invite Via Athletic.Net**

Scoring: All individual events have 8 places: 10-8-6-4-3-2-1 (based on 7 teams)
All relays have 8 places: 10-8-6-4-3-2-1 (based on 7 teams)

Workers: We plan to have staff work some of the events, but we still may need a few representatives from each team to run an event or relay exchange. This will be discussed via email. If you agree to help run an event, please supply your own helpers as well.

Questions: Email Andy Hertwig at ahertwig@hlww.k12.mn.us or
Call Joe Puncochar at **320-543-4600** or email jpuncochar@hlww.k12.mn.us