

## LENA-WINSLOW BOYS' TRACK

*"A tradition of excellence."*

Coach,

This letter and information packet is for the upcoming *Le-Win/Buzz Gates Jamboree*. ***The FAT system for this meet is being sponsored by Citizens State Bank, Community State Bank and Lena State Bank.*** We thank them for their support of Lena-Winslow activities, academics and athletics. We are look forward to a very successful meet. Please be sure your team has paid the \$125.00 entry fee.

The date of the meet is Monday, April 21, 2014. Field events are scheduled to start at 4:00 p.m. Running events will start about 4:35. Registration and entries for the meet will be thru [directathletics.com](http://directathletics.com); the deadline for entries is Saturday, April 19 @ 10 p.m. Please bring a copy of your entry sheet to the scratch meeting. We will meet in the library for the scratch meeting at 3:30. We are looking forward to a great meet. The schools entered are Byron, Christian, Christian Life, Fulton, Galena, Hononegah, Pearl City, Pec/Durand, and Lena-Winslow.

This meet will be run relay fashion; that is, each team will have 3 participants in each event, if possible. In the field events, the best effort of each participant will be added together to determine the winning team. Ties will be broken by your top individual's best effort. In the running events, there will be three heats (except the 3200 meter run) and the combined times of the three individuals will be added together to determine the winning team. Again, ties will be broken by the best individual effort. **Runners should be placed in heats slowest to fastest.** The 3200 meter run will be run in one heat. You may have two entrants in this event. The four relays will be run in normal fashion. We will seed these events by time.

There will be team plaques for the first and second place teams. Medals will be awarded for first, second and third places; we will also award a medal for the best individual effort in each event. Scoring will be 10-8-6-4-2 in all events.

There will be a \$4.00 admission charge for adults and \$3.00 admission charge for students.

If you have any questions, please call me at the high school. Our number is 369-3136. Good luck this season and I am looking forward to another fine Jamboree.

Sincerely,

Austin Rickels  
Boys' Track Coach

Runners should be placed in heats **slowest to fastest**. If you do not have 3 runners, you may still compete, but not for points or/medals in that event. Lane assignments in individual events are rotated alphabetically (team name); to make it easier each group of 6 teams will stay together in heat assignments.

**TRIPLE JUMP:**

Flight 1:

Flight 2:

**LONG JUMP:**

Flight 1:

Flight 2:

**SHOT PUT:**

Flight 1:

Flight 2:

**DISCUS:**

Flight 1:

Flight 2:

**HIGH JUMP:** All one flight

**TIMERS:** Le-Win will supply all workers at the finish line.

**LENA-WINSLOW HIGH SCHOOL  
BOYS' JAMBOREE RECORDS  
(Thru 2013)**

SHOT PUT	LENA-WINSLOW	139'	2002
	(Heim, Blakely, Vietmeyer) Ind: O'Shay Smith, Lena-Winslow	55' 8"	2013
DISCUS	ROCKFORD CHRISTIAN	456' 2"	2012
	(Nelson, Robyn & Seagren) Ind: C. Nelson	160' 11"	2012
LONG JUMP	BYRON	59	2010
	(Cline, Bernhard, Walthers) Ind: McLevige, Durand	21' 5&1/2"	1995
TRIPLE JUMP	LENA-WINSLOW	120' 10"	2008
	(Ertmer, Hensal, Bollman) Ind: Flack, Galena	42'	2008
HIGH JUMP	CHRISTIAN-LIFE	17' 4"	2010
	(Coy, Christian, Peyton) Ind: Peyton, Christian-Life	6' 6"	2010
3200 TEAM	LENA-WINSLOW	6 Points	1993
	(Williamson, Barrett, Anderson) Ind: S. Mitchell, Dixon	9:59.10*	2013
3200 M. RELAY	CHRISTIAN-LIFE (Hettler, Koehler, Michael, Koehler)	8:21.28	2003
400 M. RELAY	LENA-WINSLOW (Mancosky, Oakley, Fox & Sellers)	:44.59	2012
110 M. HH	BYRON	:47.57	2000
	(Stanley, Reiniche, Franklin) Ind: Franklin, Byron	:14.82	2000
100 M. DASH	ROCKFORD CHRISTIAN	:33.86	2012
	(Green, Gailey & Williams) Ind: Edwards, Christian-Life	:10.86	1994
800 M. RUN	BYRON	6:20.02	2010
	(Waldern, McCarey, Dingers) Ind: Fox, Lena-Winslow	2:00.09*	2013
800 M. RELAY	LENA-WINSLOW (Weston, Chesnut, Boigenzahn, Cox )	1:33.98	2000

400 M. DASH	BYRON (Lynch, Kittelson, Vavra)	2:37.92	2008
	Ind: Sellers, Lena-Winslow	:50.63	2012
300 IH	BYRON (Wrasse, Franklin, Reiniche)	2:09.47	2000
	Ind: Boigenzahn, Lena-Winslow	:41.35	2000
1600 M. RUN	LENA-WINSLOW (Anderson, Barrett, Williamson)	6 Points	1993
	BYRON (Sible, McCary & Pitcock)	6 Points	2012
	Ind: Justin Rehfeldt, Rockford Christian	4:39.51	2008
200 M. DASH	ROCKFORD CHRISTIAN (Green, Gailey & Williams)	1:09.82	2012
	Ind: Sellers, Lena-Winslow	:22.20	2012
1600 M. RELAY	BYRON (Coltman, Lynch, Kittelson, Vavra)	3:28.11	2008

\*F.A.T.

	TEAM CHAMPION		RUNNER-UP	
1993	LENA-WINSLOW (124)		DURAND	(86)
1994	LENA-WINSLOW (140)		CHRISTIAN-LIFE	(138)
1995	LENA-WINSLOW (138)		CHRISTIAN-LIFE	(136)
1996	FORRESTON (131)		CHRISTIAN-LIFE	(130)
1997	BYRON (116)		LENA-WINSLOW	(106)
1998	LENA-WINSLOW (128)		BYRON	(126)
1999	BYRON (130)		LENA-WINSLOW	(120)
2000	LENA-WINSLOW (114)		BYRON	(112)
2001	POOR WEATHER---NOT HELD			
2002	BYRON (122)		LENA-WINSLOW	(112)
2003	LENA-WINSLOW (136)		CHRISTIAN-LIFE	(122)
2004	POOR WEATHER---NOT HELD			
2005	BYRON (114)		GALENA	(112)
2006	LENA-WINSLOW (118)		GALENA	(112)
2007	LENA-WINSLOW (118)		GALENA	(112)
2008	LENA-WINSLOW (120)		GALENA	(102)
2009	LENA-WINSLOW (130)		GALENA	(100)
2010	BYRON (114)		LENA-WINSLOW	(109)
2011	POOR WEATHER---NOT HELD			
2012	LENA-WINSLOW (142)		BYRON	(106)
2013	LENA-WINSLOW (112)		POLO/FORRESTON	(92)