

**2025  
MINNETONKA  
TRACK AND FIELD  
JOE LANE / BOB ROGNESS  
INVITATIONAL & RELAYS**

**APRIL 22, 2025**



**2025 TEAMS**

**Andover  
Anoka  
Totino Grace  
Maple Grove  
Minnetonka  
Prior Lake  
Shakopee  
Waconia**

**2024 Champions**

**Girls: Minnetonka**

**Boys: Minnetonka**

- **Tickets are required for all spectators.**

**Minnetonka Ticket Sales** Go to: [Minnetonka High School GO FAN Ticket Link](#). (SAVE THIS LINK) All home and away Lake Conference Tickets will be found here. This is a new platform; we no longer use Vanco. [Go Fan Help Guide](#): How to buy, use, find and share Tickets. \*It is highly suggested you created an account and download the Go Fan app for ease of purchase. A QR code is included. We will continue to accept credit cards on site. No Cash! Please share this with parents.



- **Welcome to the 2025 Joe Lane/Bob Rogness Invitational!!** Bob Rogness coached the girls' team from 1977-1998, winning 5 State Championships during that time. Joe Lane coached the boys' team from 1972-2000, winning a State Championship in 1976. Both Bob and Joe have been inducted into the MN Track and Field Coaches Hall of Fame!
- **Entries:** Each team may enter up to 3 athletes in each individual event and 1 relay team per event. Please adhere to the Minnesota State High School League rules in regard to the number of events a contestant may enter. Entry fee is \$150.00 per team. (\$300.00 for girls and boys) Please make check payable to Minnetonka High School. Send to Minnetonka High School, Attn: Activities Department, 18301 Highway 7, Minnetonka, MN 55345
- **Entry Process:** Entries will be entered on Athletic.net. If you have any questions regarding this process, please contact Ryan at [ryan@herostiming.com](mailto:ryan@herostiming.com). **This meet is seeded.** Enter hand times by rounding to upper tenth and adding .24 **Entries are due by 10:00am on Tuesday, April 22** All heats and lane assignments will be published at [www.herostiming.com](http://www.herostiming.com).
- **Approach and relay markings:** The manufacturer of our beautiful new track has made some strong recommendations regarding markings for jumps and relay exchanges. In all caps and bold print NO ATHLETIC TAPE. Only white chalk and a 3M duct tape were recommended. We will supply both at the jump sites. Relay zones will have the tape as well as tennis balls at each zone.
- **Meet Timing:** Hero's Timing will be on site and using FAT.
- **Meet Scoring:** The meet will be scored 10-8-6-5-4-3-2-1 in all events
- **Results:** Live results for the meet will be available at [www.herostiminglive.com/results](http://www.herostiminglive.com/results)
- **Coaches Meeting:** Please report to the press box area for a brief coaches meeting at 3:15pm.
- **Scratch/Adds:** A limited number of scratch/adds will be allowed on meet day. Bring them to the finish line tent ASAP upon arriving at the meet. Substitutions will be made but heats/sections will not be reseeded.
- **Awards:** 1<sup>st</sup> place finishers in each event will be awarded with a medal. **Athletes should report to awards table on the infield ASAP after results are announced.** A boys and girls "Track Athlete of the Meet" plaque and "Field Athlete of the Meet" plaque will be awarded. Plaques will be awarded for the Jane Reimer-Morgan 4x800
- **Team Camps:** All camps will be outside the track fence or in the bleachers. We would like a clean infield so please assist us in keeping your athletes out of the infield during the course of the meet. Athletes will be allowed to warm-up for their track events on the far (west) side of the infield, in between the track and cones. Please replace any hurdles that are moved.
- **Concessions:** Concessions, restrooms and drinking fountains are all available at the top of the hill in the Pagel Center. Restrooms and drinking fountains are also available in the visiting side building adjacent to the bleachers.

## Joe Lane / Bob Rogness Invitational Relays

3:30	Girls Long Jump	4 jumps – no finals – cafeteria style
3:30	Boys Triple Jump	4 jumps – no finals – cafeteria style
6:00	Boys Long Jump	4 jumps – no finals – cafeteria style
6:00	Girls Triple Jump	4 jumps – no finals – cafeteria style
3:30	Boys and Girls High Jump, (2 pits)	4'2 "girls 5'2" boys starting height
3:30	Girls Shot Put, Boys to follow Girls	4 throws no finals
3:30	Boys Discus, Girls to follow boys	4 throws no finals
3:30	Girls Pole Vault separate pits if possible	Start Height TBD
3:30	Boys Pole Vault separate pits if possible	Start Height TBD
3:30	Jane Reimer-Morgan 4x800 Meter Relay	1 section
	Boys 4x800 Meter Relay	1 section
3:52	100 Meter Hurdles Girls	3 heats
	110 Meter Hurdles Boys	3 Heats
4:13	100 Meter Girls	3 heats
	100 Meter Boys	3 heats
4:35	4 x 200 Meter Relay Girls	1 section
	4 x 200 Meter Relay Boys	1 section
4:50	1600 Meter Girls	1 section
	1600 Meter Boys	1 section
5:08	4 x 100 Meter Relay Girls	1 section
	4 x 100 Meter Relay Boys	1 section
5:20	400 Meter Girls	3 heats
	400 Meter Boys	3 heats
5:41	300 Meter Low Hurdles Girls	3 heats
	300 Meter Int Hurdles Boys	3 heats
6:02	800 Meter Girls	2 sections
	800 Meter Boys	2 sections
<b>6:20</b>	<b><i>Coed 1600 Sprint Medley Relay (2-2-4-8 Girl, Boy, Boy Girl)</i></b>	<b><i>1 Section</i></b>
6:36	200 Meter Girls	3 heats
	200 Meter Boys	3 heats
6:54	3200 Meter Girls	1 section
	3200 Meter Boys	1 section
7:30	4 x 400 Meter Relay Girls	1 section
	4 x 400 Meter Relay Boys	1 section
<b>7:45</b>	<b><i>Coed 4 x 400 Meter Relay (Choose your own order)</i></b>	<b><i>1 section</i></b>
<b>7:50</b>	<b><i>Coed Throwers 4 x 100 Relay (unscored)</i></b>	1 section
7:55	Minnetonka JV Girls 4 X 400 Meter Relay (unscored)	

## INVITATIONAL BOYS' RECORDS THROUGH 2024

<u>EVENT</u>	<u>COMPETITOR</u>	<u>SCHOOL</u>	<u>TIME</u>	<u>YEAR</u>
4 x 800 Relay	K. Mikyla C. Sandahl L. Rippelmeyer R. Finnerty	Burnsville	8:08.55	2007
110M HH	Blake Nyenati	Andover	14.71	2022
100M Dash	Lorenzo Martin	Roosevelt	10.74	1984
4 x 200 Relay	C. Francois J. Hove J. Kuharski J. Young	Shakopee	1:30.30	2024
1600M	Jeff Renlund	Minnetonka	4:21.10	1986
4 x 100 Relay	C. Peris E. Taye T. Clark S. Miller	Shakopee	43.38	2024
400M Dash	John Lawton	Minnetonka	49.40	1982
300M IH	Soliman Sayedi	Burnsville	39.23	2001
800M	Aaron Peterson	Anoka	1:56.98	2024
Coed 1600 Medley	V. McKinney G. Carver N Labadie B Koller	Minnetonka	4:04.01	2024
200M Dash	Lamonta Bronough	Burnsville	21.94	2000
3200M	Alex Miley	Maple Grove	9:26.62	2017
4 x 400 Relay	Latif Lewis Kevin Campbell Matt Burton Tim Felty	Minnetonka	3:25.70	1997
Coed 4 x 400 Relay	Charlotte Roehl Evie Malec Peter Velgersdyk Tanner McPherson	Minnetonka	3:50.63	2023
High Jump	John Markuson	Chaska	6'10"	1993
Long Jump	DeAndre Singleton	Minnetonka	22'5.75"	2012
Triple Jump	Kurt Cooper	Minnetonka	43'2.5"	2004
Shot Put	Adam Schnaible	Burnsville	57'6"	2002
Discus	Darren Dahlin	Minnetonka	164'1"	1993
Pole Vault	Weston Sweezey	Cooper	14'4"	2002

## INVITATIONAL GIRLS' RECORDS THROUGH 2024

<u>EVENTS</u>	<u>COMPETITOR</u>	<u>SCHOOL</u>	<u>TIME</u>	<u>YEAR</u>
4 x 800 Relay	Olivia Muehlstedt Bridget Koller Ella Graham Evie Malec	Minnetonka	9:20.04	2024
100M HH	Claire Kohler	Minnetonka	14.85	2023
100M Dash	J. Gerenz	Rosemount	12.20	1988
4 x 200 Relay	Aaliyah Guy Jillian Hiveley Juliann Will Taynian Walgrave	Prior Lake	1:44.75	2019
1600M	Lisa Waananen	Maple Grove	4:59.27	2003
4 x 100 Relay	Mikayla Toninato Elizabeth Menne Nicole Geist Rachel Boyer	Mounds View	49.53	2014
400M Dash	Jordyn Borsch	Maple Grove	55.06	2023
300M LH	Claire Kohler	Minnetonka	43.48	2024
800M	Elizabeth Endy	Minnetonka	2:16.00	2014
Coed 1600 Medley	V. McKinney G. Carver N Labadie B Koller	Minnetonka	4:04.01	2024
200M Dash	Jordyn Borsch	Maple Grove	25.30	2022, 2023
3200M	Emily Castanias	Chanhasen	10:44.66	2014
4 x 400 Relay	A. White L. Vennink D. Holz L. Reinders	Prior Lake	3:56.62	2024
Coed 4 x 400 Relay	Charlotte Roehl Evie Malec Peter Velgersdyk Tanner McPherson	Minnetonka	3:50.63	2023
High Jump	Caitlin Roemhildt	Minnetonka	5'6.25"	2004
Long Jump	Mia Barron	Minnetonka	19'4.75"	2014
Triple Jump	Mia Barron	Minnetonka	39'8"	2014
Shot Put	Emily Lesser	Maple Grove	43'1	2010
Discus	Olivia Duncan	Prior Lake	136'10"	2023
Pole Vault	Andy Jacobs	Rochester Century	12' 2"	2013

## **BOYS' TEAM CHAMPIONS (JoeLane)**

BURNSVILLE: 1998-1999, 2001-2002, 2005, 2007

HOPKINS: 1983-1985

MINNETONKA: 1972-1976, 1978-1982, 1986-1997, 2000, 2003, 2004, 2006, 2008-2013, 2014, 2017, 2023, 2024

ROBBINSDALE: 1977

PRIOR LAKE : 2018, 2019, 2021

ANDOVER: 2022

## **GIRLS' TEAM CHAMPIONS (Joe Lane)**

BURNSVILLE: 2001

MINNETONKA: 1987-1993, 1997-2000, 2002-2006, 2008, 2009, 2011, 2012, 2013, 2015, 2016, 2017, 2018, 2019, 2021, 2022, 2023, 2024

MOUNDS VIEW: 1994-1996, 2014

PRIOR LAKE: 2007, 2010

ROSEMOUNT: 1986

## **Relay Zone Judging Assignments**

<b>4 x 100</b>	<b>1st Exchange</b>	<b>Lanes</b>	<b>2nd Exchange</b>	<b>Lanes</b>	<b>3rd Exchange</b>	<b>Lanes</b>
	Waconia	1-4	Totino	1-4	Shakopee	1-4
	Prior Lake	5-8	Minnetonka	5-8	Maple Grove	5-8
<b>4 x 200</b>	<b>1st &amp; 3<sup>rd</sup> Exchanges</b>	<b>Lanes</b>	<b>2<sup>nd</sup> Exchange</b>	<b>Lanes</b>		
	Anoka	1-4	Andover	1-4		
	Waconia	5-8	Totino	5-8		
<b>Coed SMR</b>	<b>1st Exchange</b>	<b>Lanes</b>	<b>2nd &amp; 3<sup>rd</sup> Exchanges</b>	<b>Lanes</b>		
	Shakopee	1-4	Prior Lake	1-4		
	Maple Grove	5-8	Anoka	5-8		
<b>4 x 400</b>	Waconia Totino					
<b>Coed 4 x 400</b>	Shakopee Prior Lake					
<b>4 x 800</b>	Minnetonka Maple Grove					