SAUK CENTRE MAINSTREETERS

BOYS & GIRLS TRACK & FIELD HANDBOOK

COACHES:

Kellie Wehrman, Head Coach Varsity Girls, 320 815 8602, kellie.wehrman@isd743.org

Jim Metcalf, Head Coach Varsity Boys, 320 310 1997, metjam77@gmail.com

Spencer Carpenter, Assistant Coach Varsity Boys and Girls, 320 293 6186 spencer.carpenter@isd743.org

Kristen Determan, Assistant Coach Varsity Boys and Girls, 320 766 1446 kristen.determan@isd743.org

Meghan VanHavermaet, Assistant Coach Varsity Boys and Girls, 320 267 9054

Maesyn Thiesen, Assistant Coach Varsity Boys and Girls, 763-614-4621 maesyn.thiesen@isd743.org

Annie Sorenson, Jr. High Coach, Boys and Girls, 320 429 4429, annie.sorenson@isd743.org

ATTENDANCE
If you are unable to attend, you are responsible to contact one of your coaches and let them know why you are unable to come to practice or a meet.

The following are excused absences:
-Doctors visit (need Dr note)
-Sick/quarantine
-Church activity
-College visit
-Family emergency

Please communicate with your coaches, we care where you are at

* If you have an unexcused absence from practice you will not participate in the next meet *

-We will be training outside in the cold, heat, wind, snow, sleet, rain and other adverse weather conditions so be prepared by having the proper clothing available. If it is below 60 degrees, you will start your practice with your legs covered. (always have sweats, tights hat and gloves available)

-No throwing of discus or shot without a coach present

Track and Field Lettering criteria:
-Be at practice daily, no more than 1 unexcused absence
-Average 1 point per meet and or place 1-8 in Conference or Sub-Section Meet
-Coaches discretion

TOP 10 RUNNING TIPS:

1. Head up
2. Breathe through nose and mouth
3. Shoulders back, chest out
4. Elbows in, arms 90 degrees,hands don’t cross center line
5. Hips forward, don’t rotate, torso above the hips
6. Knee up, foot up, don’t over stride (braking)
7. Run horizontal, not vertical, don’t bounce
8. Run lightly, be a Ninja, not a Frankenstein
9. Stay hydrated
10. Get strong—lift weights

*Get the correct shoe for your body (roadrunnersports.com)

*Have fun!

Sauk Centre

Track and Field: Varsity Spring 2026 Schedule

(as of 02-25-26)

Activity	Time	Opponent	Location	Comments
Tuesday, Mar 31, 2026				
Track and Field: Boys Varsity Invitational	4:00PM	Away vs. Multiple Schools	Morris Area High School	
Track and Field: Girls Varsity Invitational	4:00PM	Away vs. Multiple Schools	Morris Area High School	
Tuesday, Apr 7, 2026				
Track and Field: Boys Varsity Invitational	4:00PM	Away vs. Multiple Schools	Morris Area High School	
Track and Field: Boys Varsity Invitational	4:00PM	Away vs. Multiple Schools	Belgrade-Brooten-Elrosa High School	
Track and Field: Girls Varsity Invitational	4:00PM	Away vs. Multiple Schools	Morris Area High School	
Track and Field: Girls Varsity Invitational	4:00PM	Away vs. Multiple Schools	Belgrade-Brooten-Elrosa High School	
Tuesday, Apr 14, 2026				
Track and Field: Boys Varsity Invitational	3:00PM	Away vs. Multiple Schools	Minnewaska Area Schools	
Track and Field: Girls Varsity Invitational	3:00PM	Away vs. Multiple Schools	Minnewaska Area High School	
Thursday, Apr 23, 2026				
Track and Field: Boys Varsity Invitational	**3:30PM**	**Multiple Schools**	**Sauk Centre High School Track**	**Coaches Meeting 3:15 Field Events 3:30 Running Events 4:15**
Track and Field: Girls Varsity Invitational	**3:30PM**	**Multiple Schools**	**Sauk Centre High School Track**	**Coaches Meeting 3:15 Field Events 3:30 Running Events 4:15**
Tuesday, Apr 28, 2026				
Track and Field: Boys Varsity Invitational	3:00PM	vs. Multiple Schools	Minnewaska Area Schools	
Track and Field: Girls Varsity Invitational	3:00PM	Away vs. Multiple Schools	Minnewaska Area Schools	
Thursday, Apr 30, 2026				
Track and Field: Boys Varsity Invitational	3:00PM	Away vs. Multiple Schools	New London-Spicer High School	
Track and Field: Girls Varsity Invitational	3:00PM	Away vs. Multiple Schools	New London-Spicer High School	

Activity	Time	Opponent	Location	Comments
Monday, May 4, 2026				
Track and Field: Girls Varsity Section True Team	TBD	Away vs. TBA	TBD	
Tuesday, May 5, 2026				
Track and Field: Boys Varsity Section True Team	TBD	Away vs. TBD	TBD	
Tuesday, May 12, 2026				
Track and Field: Boys Varsity WCC Meet	4:00PM	Away vs. Multiple Schools	B.O.L.D. High School	
Track and Field: Girls Varsity WCC Meet	4:00PM	Away vs. Multiple Schools	B.O.L.D. High School	

Sauk Centre

Track and Field: JH Spring 2026 Schedule

(as of 02-25-26)

Activity	Time	Opponent	Location	Comments
Monday, Apr 13, 2026				
Track and Field: Boys JH Invitational	3:30PM	vs. Multiple Schools	Minnewaska Area High School	
Track and Field: Girls JH Invitational	3:30PM	vs. Multiple Schools	Minnewaska Area High School	
Monday, Apr 27, 2026				
Track and Field: Boys JH Invitational	**4:00PM**	**Multiple Schools**	**Sauk Centre High School Track**	**Coaches Meeting at 4:00 Field Events at 4:15 Running Events at 4:30**
Track and Field: Girls JH Invitational	**4:00PM**	**Multiple Schools**	**Sauk Centre High School Track**	
Thursday, Apr 30, 2026				
Track and Field: Boys JH Invitational	3:45PM	Away vs. Multiple Schools	Belgrade-Brooten-Elrosa High School	
Track and Field: Girls JH Invitational	3:45PM	Away vs. Multiple Schools	Belgrade-Brooten-Elrosa High School	
Thursday, May 14, 2026				
Track and Field: Boys JH Meet	4:00PM	Away vs. Melrose Area	Melrose Area High School	

Girls Track & Field

100 Meter Dash	2002	Megan Beilke	12.43
200 Meter Dash	2012	Elizabeth Hemsworth	25.79
400 Meter Dash	2012	Elizabeth Hemsworth	56.99
800 Meter Run	2008	Savana Weller	2:14.62
1600 Meter Run	2006	Brianna Meyer	5:17.38
3200 Meter Run	2005	Brianna Meyer	11:42.0
100 Meter Hurdles	1976	Lisa Vearrier	16.3
200 Meter Hurdles	1982	J Nordine	32.8
300 Meter Hurdles	2002	Alise Jennissen	46.71
4 X 100 Meter Relay	2007	B Beilke, K Beilke, S Toenies, M Quistorff	49.46
4 X 200 Meter Relay	2007	B Beilke, K Beilke, S Toenies, M Quistorff	1:44.85
4 X 400 Meter Relay	2008	S Weller, E Hemsworth, R Macey, K Beilke	4:00.40
4 X 800 Meter Relay	2006	S Weller, A Hunstiger, G Ironi, B Meyer	9:29.20
Long Jump	2005	A Murray	16'08.5"
Triple Jump	2012	Macy Weller	35'09"
High Jump	2000	Laura Blank	5'04"
Pole Vault	2023	Francesca Rivers	8'6"
Discus	2007	Shanna Schmiesing	127'00"
Shot Put	1985	Barb Gapinski	37'02.5"

Boys Track & Field

100 Meter Dash	2021	Anthony Marsh	11.06
200 Meter Dash	1948	D Pangburn	22.5
200 Meter Dash	1972	Rick Jones	22.5
400 Meter Dash	1981	K Toenies	50.68
400 Meter Dash	2007	T Molitor	50.68
800 Meter Run	2023	Brandon Kampsen	01:53.56
1600 Meter Run	2023	Brandon Kampsen	04:18.50
3200 Meter Run	1983	Rob Miller	09:29.1
100 Meter Hurdles	1972	Rick Jones	14.8
300 Meter Hurdles	1995	Mike Pooler	39.55
4 X 100 Meter Relay	2024	J Schloegl, A Helgeson, D Gilmore, A Helgeson	43.65
4 X 200 Meter Relay	2023	J Schloegl, R Blondin, Z Kuhlmann, D Gilmore	01:33.98
4 X 400 Meter Relay	2007	K Tabatt, I Schreiber, N Kluver, T Molitor	03:28.6
4 X 800 Meter Relay	2024	Z Olmschenk, J Drevlow, L Wiehoff, D Crawford-Klinnert	08:07.94
Long Jump	2021	Anthony Marsh	22'07"
Triple Jump	1984	Rick Jennissen	43'06.5"
High Jump	1981	Wayne Hansmann	6'03"
Pole Vault	1980 & 1981	B Jennissen	12'0"
Pole Vault	1981	R Lyng	12'0"
Discus	1982	Dirk Foster	149'08"
Shot Put	1972	Ed Wallin	51'01"