

Beresford Watchdog Boys Track and Field



Head Coaches

Matt Coy: Head Boys Track and Field
Scott Ebert: Head Girls Track and Field

Assistant Coaches

Dan Bergland
Pam Conklin
Kelly Knutson
Mikala Larsen
Rob Wilson

Beresford Watchdog Track & Field

Three C's to Success

BE COMMITTED

Be committed to the track and field team with your daily effort in practice and at meets. Never miss a practice and dedicate yourself to living a healthy lifestyle during the entire school year.

BE COACHABLE

Be a coachable student-athlete who accepts advice from the coaches. Accept constructive criticism and work to be a better athlete and teammate each day. As an upper classman, use the skills you have learned to help a younger teammate be a better track and field athlete.

BE COMPETITIVE

Develop a level of competitiveness in practice that will carry onto to meet days. Work hard in every workout, strive to be your best on every rep, and battle all the way to the end of your event at meets.

Along with the Three C's, ALWAYS...

Be A Great Teammate --- Be Respectful --- Give Your Best Effort --- Have Fun ---
Say "Thank You"

2018 HIGH SCHOOL MEET SCHEDULE

Date	Event	Meet Start	Dismissal/Bus Leaves
Mon. 3/13	HS 1st Day of Practice	3:30 P.M.	
Tue. 3/27	HS DWU Indoor-Mitchell	2:00 P.M.	11:00 A.M./11:30 A.M.
Tue. 4/3	HS Elk Point-Jefferson	3:30 P.M.	1:30 P.M./1:50 P.M.
Thu. 4/5	HS Vermillion	2:30 P.M.	12:30 P.M./12:50 P.M.
Tue. 4/10	HS Canton	4:00 P.M.	2:05 P.M./2:25 P.M.
Tue. 4/17	HS-Beresford-BAH	4:00 P.M.	2:45 P.M.
Thu. 4/19	HS West Sioux	4:30 P.M.	2:40 P.M./3:00 P.M.
Thu. 4/26	HS Menno	3:30 P.M.	12:55 P.M./1:15 P.M.
Fri. 4/27	HS Yankton	2:00 P.M.	11:20 A.M./12:00 P.M.
Tue. 5/1	HS Beresford Lions	4:00 P.M.	2:45 P.M.
Fri. 5/4	HS Howard Wood	1:00 P.M.	TBD
Sat. 5/5	HS Howard Wood	9:00 A.M.	TBD
Thu. 5/10	HS Big East-Sioux Valley	2:00 P.M.	10:50 A.M./11:15 A.M.
Thu. 5/17	HS Regions-Dakota Valley	2:00 P.M.	11:30 A.M./12:10 P.M.
Fri. 5/25	HS State Track-Spearfish	9:00 A.M.	TBD
Sat. 5/26	HS State Track- Rapid City	9:00 A.M.	TBD

2018 MIDDLE SCHOOL MEET SCHEDULE

Date	Event	Meet Start	Dismissal/Bus Leaves
Mon. 3/20	JH 1st Day of Practice	3:30 P.M.	
Fri. 4/6	JH Quad-Vermillion	4:00 P.M.	2:20 P.M./2:35 P.M.
Fri. 4/20	JH Triangular-Beresford	4:00 P.M.	2:58 P.M.
Tue. 4/24	JH Beresford Invite	3:45 P.M.	2:45 P.M.
Sat. 4/28	JH Yankton	9:00 A.M.	7:00 A.M.
Mon. 5/7	JH Big East-Beresford	3:00 P.M.	2:00 P.M.

Boy's Track & Field Lettering Policy

1. In order to qualify for a varsity letter, an athlete must attend all practices and meets, unless excused by the head coaches.
2. Seniors who have participated in high school track and field for 3 or more full seasons will earn a letter. (as long as they meet requirement #1)
3. Any athlete who scores 1 full point in an individual event at the conference or region meet, places top 3 on a relay team at the conference or region meet, or qualifies for the state track and field meet as a competitor or an alternate, will earn a varsity letter: (as long as they meet requirement #1)
 - Top 8 in an individual event at the Conference or Region Meet
 - Top 3 in a relay at the Conference or Region Meet
4. The head and assistant coaches reserve the right to letter athletes on an individual basis if they do not meet one of the above requirements.

Boy's Qualifying Standards

EVENT	F.A.T/Field Events	Hand Held
100 Meter Dash	11.46	11.2
200 Meter Dash	23.26	23.0
400 Meter Dash	52.12	51.8
800 Meter Run	2:04.93	2:04.6
1600 Meter Run	4:41.22	4:40.9
3200 Meter Run	10:26.98	10:26.7
110 Meter Hurdles	16.12	15.8
300 Meter Hurdles	42.35	42.1
4X100 Meter Relay	45.11	44.8
4X200 Meter Relay	1:34.35	1:34.1
4X400 Meter Relay	3:34.61	3:34.3
4X800 Meter Relay	8:39.81	8:39.5
Medley Relay	3:47.64	3:47.4
Shot Put	48-8	
Discus	140-5	
High Jump	6-0	
Long Jump	20-6	
Triple Jump	40-9	

2017 Boys Track and Field

Coaches: Coy, Ebert, Conklin, Larsen, Wilson, Sorenson, Bergland

2017 Boys State Qualifiers and Places

Name	Event	Place	Time/Distance
Chris Housken	Discus	3 rd	148'7"
Caleb Carnes	Shot Put	5 th	49'2"
Caleb Carnes	Discus	6 th	143'0"
Alec Atwood	3200-Meter Run	7 th	10:02.36
Alec Atwood	1600-Meter Run	12 th	4:37.13
Hunter Borah	Long Jump	12 th	20'6.25"
Noah Hinrichs	3200-Meter Run	16 th	10:38.74

2017 Boys Letter Winners

Seniors	Juniors	Sophomores	Freshmen
Chris Housken	Hunter Borah	Jack Antonson	Brandon Andrews
Seth Huot	Caleb Carnes	Alec Atwood	Brad Christensen
Nick Pack	Brian Klarenbeek	Dallas Davis	Alex Docken
Kaleb Peterson	Jonah Larson	Noah Hinrichs	Matthew Hoffman
Tim Peterson	Jake Limmer		Nate Kropuenske
Riley Twedt	Carson Poppenga		Jaden Muller

2017 Boys Team Results

Track Meet	Team Placing	Team Score
Elk Point-Jefferson Invitational	2 nd (8 Teams)	84 Points
Vermillion Booster Club Invitational	5 th (9 Teams)	70 Points
Canton Invitational	2 nd (7 Teams)	108 Points
Beresford/Alcester-Hudson Invitational	2 nd (9 Teams)	121 Points
Menno Invitational (JV Team)	6 th (8 Teams)	67 Points
Yankton Invitational	No Team Scores Kept	
Beresford Lions	1 st Place (9 Teams)	165 Points
Howard Wood Relays	No Team Scores Kept	
Dell Rapids Invitational	3 rd Place (9 Teams)	83 Points
DAK XII- Conference Meet	7 th Place (12 Teams)	44 Points
Region 4A- Vermillion	3 rd Place (7 Teams)	110 Points
Class A-State Track Meet	15 th Place (54 Teams)	15 Points

2017 Academic All-State 3.5 GPA, 3 Years of Track, Senior

Seniors, Seth Huot, Tim Peterson, and Riley Twedt

2017 Varsity Top 10 Additions

1600-Meter Run: Alec Atwood, 4:36.8 #2
3200-Meter Run: Alec Atwood, 10:02.1 #1
3200-Meter Run: Noah Hinrichs, 10:34.6 #8
300-Meter Hurdles: Brad Christensen, 45.2 #8
Triple Jump: Joseph Lane, 41'5.5" #6
Long Jump: Hunter Borah, 20'8" #4
Shot Put: Caleb Carnes, 49'3" #8
Discus: Chris Housken, 153'7" #4
Discus: Caleb Carnes, 143'0" #8

2017 Freshmen Top 10 Additions

100-Meter Dash: Brandon Andrews, 12.0 #5
200-Meter Dash: Brandon Andrews, 24.2 #2
200-Meter Dash: Nate Kropuenske, 24.4 #3
200-Meter Dash: Jaden Muller, 25.6 #9
400-Meter Dash: Brandon Andrews, 53.5 #2
400-Meter Dash: Jaden Muller, 56.9 #5
400-Meter Dash: Nate Kropuenske, 58.8 #9
400-Meter Dash: Caleb Weiland, 59.4 #10
800-Meter Run: Matthew Hoffman, 2:13.9 #6
800-Meter Run: Brandon Andrews, 2:16.1 #7
3200-Meter Run: Matthew Hoffman, 11:40.1 #10
110-Meter Hurdles: Brad Christensen, 17.5 #1
300-Meter Hurdles: Brad Christensen, 45.2 #2
Triple Jump: Alex Docken, 37'5.5" #7
4X100 Relay: B. Andrews, N. Kropuenske, A. Docken, J. Muller, 47.6 #1
4X200 Relay: N. Kropuenske, B. Andrews, J. Muller, A. Docken, 1:38.9 #1
4X200 Relay: J. Limmer, C. Wyatt, K. Ness, C. Johnsen, 1:48.4 #5
4X400 Relay: J. Muller, N. Kropuenske, A. Docken, B. Andrews, 3:47.3 #1
Medley Relay: N. Kropuenske, A. Docken, J. Muller, B. Andrews, 4:06.7 #1
4X800 Relay: M. Hoffman, T. Cordell, T. Regehr, C. Weiland, 9:23.2 #3

2017 Middle School Top 10 Additions

200-Meter Dash: Josh Limmer, 25.5 #4
Long Jump: Josh Limmer, 16'6" #10
Triple Jump: Hayden Wilson, 34'0" #6
Discus: Caden Ellingson, 124'11" #4
Medley (2-2-4-8): J. Limmer, C. Wyatt, T. Regehr, H. Wilson, 4:29.0 #1

