

## MGTF Booster Update – Week 11

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### CONFERENCE CHAMPIONSHIP WEEK

What a week for Crimson Track & Field.

The Lake Conference Meet showcased exactly what this program is about: depth, toughness, and athletes stepping up in big moments.

We saw:

- Conference Champions
- All-Conference performances
- Huge personal bests
- Relay dominance
- Athletes positioning themselves for Sections and State

Championship season is officially here.

### ALL-CONFERENCE HONORS

- Benjamin Hager — **Boys 4x100 Relay Conference Champion** (1st, 42.54), Boys 100m (13th, 11.32), Boys 200m (13th, 23.75)
- Cole Kalkwarf — **Boys 4x100 Relay Conference Champion** (1st, 42.54), Boys Long Jump (5th, 20-4.5 PB), Boys High Jump (7th, 5-8)
- Lucas Capistrant — Boys 800m (4th, 1:59.58 PB), Boys 4x400 Relay (4th, 3:35.22)
- Mackenzie Laux — **Girls 800m Conference Champion** (1st, 2:14.96), **Girls 4x400 Relay Conference Champion** (1st, 3:58.14)
- Rebecca Lang — Girls 800m Runner-Up (2nd, 2:15.19), **Girls 4x400 Relay Conference Champion** (1st, 3:58.14)

- Jon Lunde — Boys 200m Runner-Up (2nd, 22.18), Boys 100m (3rd, 11.00), **Boys 4x100 Relay Conference Champion** (1st, 42.54)
  - Benjamin Mulawarman — Boys 400m (3rd, 52.78), Boys 4x400 Relay (4th, 3:35.22), Boys 4x800 Relay (5th, 8:35.89)
  - Nora Shelton — **Girls 4x200 Relay Conference Champion** (1st, 1:43.49)
  - Aubrey Steel — Girls 100m Hurdles (3rd, 15.59), Girls 300m Hurdles (3rd, 45.93)
  - Sophia Waite — **Girls 4x200 Relay Conference Champion** (1st, 1:43.49), Girls 200m (7th, 26.97), Girls 400m (11th, 1:02.02)
  - Lillian Waite — **Girls 4x200 Relay Conference Champion** (1st, 1:43.49), **Girls 4x400 Relay Conference Champion** (1st, 3:58.14), Girls 400m (3rd, 58.76)
  - Drake Wegscheid — **Boys 4x100 Relay Conference Champion** (1st, 42.54), Boys 200m (5th, 22.73), Boys 100m (10th, 11.25)
  - Eva Williams — **Girls 4x200 Relay Conference Champion** (1st, 1:43.49), **Girls 4x400 Relay Conference Champion** (1st, 3:58.14), Girls 100m (7th, 12.65)
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## HONORABLE MENTION

- Brody Ebel — Boys 400m (7th, 53.63 PB), Boys 4x400 Relay (4th, 3:35.22)
- Carly Krier — Girls Discus (3rd, 99-4 PB), Girls Shot Put (7th, 32-6.25)
- Gavin Nelson — Boys Pole Vault (4th, 12-4)
- Sara Stern — Girls Triple Jump (3rd, 34-4.75), Girls Long Jump (6th, 15-9.75)
- Miles Tangen — Boys 110m Hurdles (7th, 16.26), Boys 300m Hurdles (7th, 43.57)
- April Watson — Girls 3200m (5th, 11:25.78 PB), Girls 4x800 Relay (5th, 9:38.73)

Full results with so many Personal Bests here:

<https://results.wayzatatiming.com/meets/73916/teams/1660276>

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## SECTIONS WEEK – ROAD TO STATE

The road to State now runs through Forest Lake.

Wednesday (5/27)  
Section 5AAA Prelims  
Forest Lake  
11:00 AM – 2:30 PM

Friday (5/29)  
Section 5AAA Finals  
Forest Lake  
5:00 PM – 9:00 PM

Bring the energy. Bring the noise. Wear Crimson.

### **VOLUNTEERS NEEDED:**

Our team has been asked to rake the Triple Jump pits for both sessions of the Section Meet. We need 3 volunteers for Wednesday 11am-2pm and another 3 for Friday from 5-8pm. Link to sign up is [here](#).

The jump pits are near the track and right next to the pole vault pit, so you will be able to see the races and step away to watch your athlete run in their events. Since we know that most of you have already fulfilled your volunteer obligation this year, ***the booster club will pay for a meal at concessions the day of your shift and give you a free Maple Grove Track & Field Sticker as a thank you*** to anyone willing to help.

<https://www.signupgenius.com/go/10C0449A8AB2FA7FCC07-64252923-527>

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### **STATE BAG STUFFING & SOCIAL HOUR**

Sunday (5/31)  
7:00–9:00 PM  
OMNI Brewing

Please put this on your radar! A bag stuffing gift/donation is not required to attend, but please indicate your interest here:

<https://www.signupgenius.com/go/10C0449A8AB2FA7FCC07-62670350-bagstuffing#>

This is always a fun event to **meet more track families**, ask about the booster club, give feedback, and support athletes heading to State.

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### **END OF YEAR CELEBRATION (Tues 6/2)**

As we wrap up another amazing season, we're excited to celebrate our athletes, coaches, volunteers, and families together.

We still need a few volunteers to help with:

- Setup / cleanup
- Pasta pickup
- Pizza pickup

Volunteer here:

<https://www.signupgenius.com/go/10C0449A8AB2FA7FCC07-62237058-special#>

## **SENIORS**

Senior families, please pass the message along to your athletes: Don't forget to complete your Senior Board and bring it to the End of Year Banquet!

Celebration Details:

5:00–6:00 PM

Social time + food in cafeteria

6:00–8:00 PM

Awards + presentations in auditorium

Please come with the following dish:

- 8th Grade — chips or cheese/crackers
- 9th Grade — salads or breadsticks
- 10th Grade — drinks
- 11th Grade — fruit
- 12th Grade — desserts

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## **FINAL DINE2DONATE**

Monday (6/1)

Jersey Mike's - **50% Back to the Team**

**JERSEY MIKE'S**

# FUNDRAISER

**Monday, June 1st • 4pm to 8pm**



Good goes beyond the sub! **Visit our store or order on our app using promo code *JMGIVES* on June 1st 4pm to 8pm**—and we'll happily **donate 50% of your sale** in support of **Maple Grove Track & Field**. Enjoy some great subs and help Jersey Mike's support this worthy cause.

**VALID ONLY AT: 16375 COUNTY ROAD 30 • MAPLE GROVE, MN • 763-762-8954**

Valid in app with promo code JMGIVES or mention this fundraiser in store. 4484

One final chance to support the team this season. Let's finish strong!

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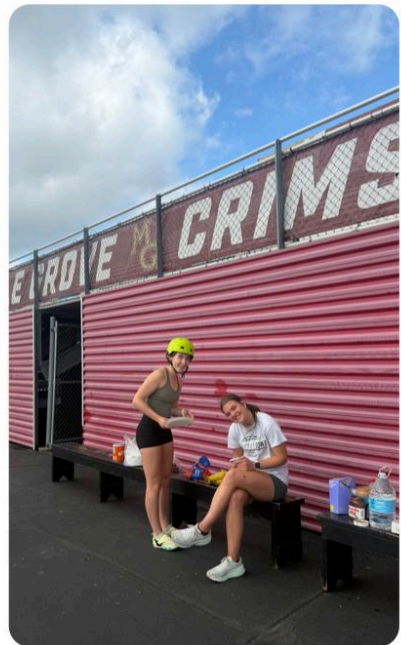
Thank you to every family, volunteer, coach, and athlete who continues to make this program special.

Championship moments are earned long before championship meets.

The Legacy is Built Daily.

Go Crimson

# Pancakes for the win!!





# MGTF at Pep Fest

