

SATURDAY'S SCHEDULE OF EVENTS – JUNE 22, 2019

TRACK EVENTS

Girls first then Boys: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 except Hurdles

8:00	3000 meter run	Finals against time	2:00	200 meter hurdles	Finals against time
9:30	80 meter hurdles	Prelims (8 fastest to finals)	2:15	400 meter hurdles	Finals against time
9:50	100 meter hurdles	Prelims (8 fastest to finals)	2:30	4x100 meter relay	Finals against time
10:30	110 meter hurdles	Prelims (8 fastest to finals)	4:00	4x400 meter relay	Finals against time
10:50	100 meter dash	Prelims (8 fastest to finals)			
12:30	800 meter run	Finals against time			

FIELD EVENTS

LONG JUMP

9:00	9-10 Boys
10:00	11-12 Girls
11:00	11-12 Boys
12:00	13-14 Boys
1:00	17-18 Girls
2:00	8 & Under Girls
3:15	8 & Under Boys

SHOT PUT

9:00	15-16 Boys
10:15	15-16 Girls
11:30	13-14 Girls
12:45	13-14 Boys
2:00	17-18 Girls
3:15	17-18 Boys

DISCUS

9:00	13-14 Girls
10:15	13-14 Boys
11:30	17-18 Girls
12:45	17-18 Boys
2:00	15-16 Girls
3:15	15-16 Boys

JAVELIN

9:00	15-16 Girls/17-18 Girls
10:15	15-16 Boys/17-18 Boys
11:30	11-12 Girls
12:45	11-12 Boys
2:00	13-14 Girls
3:15	13-14 Boys

HIGH JUMP

9:00	13-14 Boys
10:15	15-16 Boys & 17-18 Boys
11:30	9-10 Girls
12:45	9-10 Boys
2:00	11-12 Boys

TRIPLE JUMP

9:00	13-14 Girls
10:00	15-16 Girls
11:00	15-16 Boys
12:00	17-18 Boys

POLE VAULT

10:00	Girls 13-14,15-16,17-18
12:00	Boys 13-14,15-16&17-18

SUNDAY'S SCHEDULE OF EVENTS – JUNE 23, 2019

TRACK EVENTS

Girls first then Boys: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 except Hurdles

9:00	80 meter hurdles	Finals	10:00	400 meter dash	Finals against time
9:10	100 meter hurdles	Finals	11:15	1500 meter run	Finals against time
9:20	110 meter hurdles	Finals	12:35	200 meter dash	Finals against time
9:30	100 meter dash	Finals	2:00	4x800 meter relay	Finals against time

FIELD EVENTS

LONG JUMP

9:00	17-18 Boys
10:00	9-10 Girls
11:00	13-14 Girls
12:00	15-16 Boys
1:00	15-16 Girls

DISCUS

9:00	11-12 Girls
10:15	11-12 Boys

SHOT PUT

9:00	8 & Under Girls
10:00	8 & Under Boys
11:00	9-10 Girls
12:00	9-10 Boys
1:00	11-12 Girls
2:00	11-12 Boys

HIGH JUMP

9:00	13-14 Girls
10:00	11-12 Girls
11:00	15-16 Girls & 17-18 Girls

MINI-JAVELIN

9:00	9-10 Girls
10:15	9-10 Boys
11:45	8 & Under Girls
1:15	8 & Under Boys

TRIPLE JUMP

9:00	17-18 Girls
10:00	13-14 Boys

in throws and horizontal jumps the best 8 prelim marks advance to finals getting 3 more attempts.

FOR QUESTIONS REGARDING THE MEET, CONTACT:

Wade Lanum • (402) 708-1021 • youth@nebraska.usatf.org

FOR QUESTIONS REGARDING USATF MEMBERSHIP, CONTACT:

Wayne Smith • (402) 333-6771 • neusatfreg@aol.com

If possible, the meet will run ahead of schedule.

Protests must be made in writing, with a \$50 fee, 30 minutes after results are posted.

