

# 2016 NSAA STATE TRACK AND FIELD CHAMPIONSHIP SCHEDULE

Omaha Burke Stadium, 12200 Burke Blvd., Omaha, NE--Friday & Saturday--May 20-21, 2016



## Friday, May 20—All Preliminaries—except the 3200 meter events

The first running event will begin at 9:00 A.M., with the girls' Class D events being run first, followed by the girls' Class B, boys' Class D, and boys' Class B events. At 3:30 P.M. Classes C and A will begin with girls' Class C, followed by girls' Class A, boys' Class C, and boys' Class A events. Events will follow this time schedule as closely as possible. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

### Classes D and B

9:00 A.M.	3200 Meter Relay Finals
9:55 A.M.	100 Meter High Hurdles
10:15 A.M.	110 Meter High Hurdles Jon F & Gage L
10:35 A.M.	100 Meter Dash
11:15 A.M.	400 Meter Dash Jon F
11:55 A.M.	3200 Meter Run Finals
12:55 P.M.	300 Meter Low Hurdles
1:15 P.M.	300 Meter Int. Hurdles Jon F & Gage L
1:35 P.M.	200 Meter Dash Shelby

### Classes C and A

3:30 P.M.	3200 Meter Relay Finals
4:25 P.M.	100 Meter High Hurdles
4:45 P.M.	110 Meter High Hurdles
5:05 P.M.	100 Meter Dash
5:45 P.M.	400 Meter Dash
6:25 P.M.	3200 Meter Run Finals
7:25 P.M.	300 Meter Low Hurdles
7:45 P.M.	300 Meter Int. Hurdles
8:05 P.M.	200 Meter Dash

## Saturday, May 21--All Finals

All Classes. The first running event will begin at 9:30 A.M. with the girls' Class D 800 meter run. It will be followed by girls' C, B, and A. The boys' four classes will then follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:00 A.M.	Special Olympics 100 Meter Dash
9:30 A.M.	800 Meter Run Ryan V
10:45 A.M.	400 Meter Relay Caleb M, Jon F, Gage L, Ethan S
12:00 P.M.	100 Meter High Hurdles
12:15 P.M.	110 Meter High Hurdles Jon F & Gage L
12:30 P.M.	100 Meter Dash (If they qualify)
12:55 P.M.	400 Meter Dash Jon F (If he qualifies)
1:45 P.M.	1600 Meter Run
2:55 P.M.	300 Meter Low Hurdles
3:10 P.M.	300 Meter Int. Hurdles Jon F & Gage L (If they qualify)
3:25 P.M.	200 Meter Dash Shelby (If she qualifies)
3:55 P.M.	1600 Meter Relay

### Lauren C \*\*\*\*\*Field Events\*\*\*\*\* Lauren C & Makeda R

Event	Boy/Girl	CLASS A	CLASS B	CLASS C	CLASS D
Long Jump	◆ Boys	3:00 p.m. Sat.	8:30 a.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	11:00 a.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
Triple Jump	◆ Boys	6:00 p.m. Fri.	9:00 a.m. Fri.	3:00 p.m. Fri.	12:00 p.m. Fri.
	*Girls	11:00 a.m. Sat.	1:30 p.m. Sat.	8:30 a.m. Sat.	3:30 p.m. Sat.
Shot Put	◆ Boys	5:30 p.m. Fri.	9:00 a.m. Fri. Sam L	3:30 p.m. Fri.	11:00 a.m. Fri.
	*Girls	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
Discus	◆ Boys	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	12:00 p.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
High Jump	◆ Boys	3:00 p.m. Fri.	12:00 p.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
	*Girls	3:00 p.m. Sat.	8:30 a.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
Pole Vault	◆ Boys	9:00 a.m. Sat.	9:00 a.m. Fri.	3:30 p.m. Fri.	1:00 p.m. Sat.
	*Girls	3:30 p.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	9:00 a.m. Fri.