

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

DISTRICT C-7 TRACK & FIELD MEET

THAYER CENTRAL COMMUNITY SCHOOL

MAY 13, 2021

BLUE HILL, DONIPHAN-TRUMBULL,
FILLMORE CENTRAL, HASTINGS ST.
CECILIA, HEARTLAND, SANDY CREEK,
SOUTHERN VALLEY, SUPERIOR, SUTTON,
THAYER CENTRAL



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
C-7 DISTRICT TRACK TIME SCHEDULE

Coaches Meeting: 9:30 A.M.

Field Events: 10:30 A.M.

Session One:

Boys' Discus, Boys' Long Jump, Boys' High Jump

Girls' Shot, Girls' Long Jump, Girls' Pole Vault

Session Two:

Boys' Shot Put, Boys' Triple Jump, Boys' Pole Vault

Girls' Discus, Girls' Triple Jump, Girls' High Jump

Running Events: All events will have girls heat(s) first followed by boys' heat(s).

1:30 3200 M Relay Finals
2:00 100 M High Hurdles Prelims
2:15 110 M High Hurdles Prelims
2:30 100 Meter Dash Prelims
2:40 400 M Dash Finals
3:10 3200 M Run Finals
3:40 200 M Dash Prelims

BREAK

A Rolling Schedule may be used in the second session after break if weather issues persist.

4:30 100 M High Hurdles Final
4:45 110 M High Hurdles Finals
4:55 100 M Dash Finals
5:10 800 M Run Finals
5:30 300 M Low Hurdles Finals
5:55 300 M Intermediate Finals
6:05 200 M Dash Finals
6:15 1600 M Finals (two heats if more than 24 runners)
6:35 400 M Relay
6:50 1600 M Relay
Awards Presentation to Follow

Races will be run on the scheduled time unless weather conditions dictate otherwise. The meet director reserves the right to make changes due to this.