

Ben Ries
Activities Director
Norfolk High School
801 Riverside Boulevard
Norfolk, NE 68701



Phone: 402.644.2529
Fax: 402.644.2538
benries@npsne.org
norfolkpublicschools.org
Follow us: @NPSActivities

NSAA DISTRICT A-2 TRACK & FIELD MEET SCHEDULE

FIELD EVENTS:

11:45 P.M. COACHES MEETING (SCRATCHES) (White building at the track entrance)

1:00 P.M. GIRLS POLE VAULT, (EAST PIT)
BOYS POLE VAULT, (WEST PIT)
BOYS HIGH JUMP, (SOUTH PIT)
GIRLS HIGH JUMP, (NORTH PIT)
BOYS LONG JUMP (WEST PIT), TRIPLE JUMP TO FOLLOW (approx. 2:45)
GIRLS LONG JUMP (EAST PIT), TRIPLE JUMP TO FOLLOW (approx. 2:45)
BOYS DISCUS, GIRLS DISCUS TO FOLLOW (approx. 2:45)
GIRLS SHOT PUT, BOYS SHOT PUT TO FOLLOW (approx 2:45)
UNIFIED LONG JUMP (EAST PIT, FOLLOWING GIRLS TJ) approx. 3:45pm

RUNNING EVENTS: GIRLS FOLLOWED BY BOYS

2:30 P.M. 3200 RELAY (FINALS)
2:55 P.M. 100 GIRLS HURDLES
3:05 P.M. 110 BOYS HURDLES
3:15 P.M. 100 DASH
3:30 P.M. UNIFIED 100 DASH
3:40 P.M. 400 DASH (FINALS)
3:55 P.M. 3200 RUN (FINALS)
4:20 P.M. 200 DASH

**BREAK Meal for adult workers and coaches, NHS Gym (Enter door 17)

FINALS: GIRLS FOLLOWED BY BOYS

5:30 P.M. 100 GIRLS HURDLES
5:35 P.M. 110 BOYS HURDLES
5:40 P.M. 100 DASH
5:45 P.M. 800 RUN
6:05 P.M. 300 HURDLES
6:25 P.M. 200 DASH
6:30 P.M. 1600 RUN
6:45 P.M. 400 RELAY
6:55 P.M. UNIFIED 400 RELAY
7:05 P.M. 1600 RELAY