

Metro Conference J.V. Track Meet

Friday, May 7th, 2021

Schedule of Events

(Times are approximate) be ready to go when you event is called.

Field Events

12:00
12:00
1:30

1:30
3:30

Girls

Unified Long Jump(Bryan)
High Jump-North D (Central)
Long Jump (PL South)
Discus (B. West)
Pole Vault (PL High)
Triple Jump (Benson)
Shot Put (Bryan/ Gretna)

Boys

Unified Long Jump(Bryan)
High Jump-North D (Millard South)
Triple Jump (Burke)
Shot Put (B. East)

Long Jump (South)
Discus (Prep)
Pole Vault (Millard West)

Running Event

3:00

3200 Meter Relay (4x800) (G / B)
100 Meter High Hurdles (G) (Elkhorn South/Gretna)
110 Meter High Hurdles (B) (Elkhorn South/Gretna)
100 Meter Unified
100 Meter Dash (G)
100 Meter Dash (B)
4x100 Meter Unified Relay
1600 Meter Run (G)
1600 Meter Run (B)
400 Meter Dash (G)
400 Meter Dash (B)
800 Meter Run (G)
800 Meter Run (B)
300 I.M. Hurdles (G) (Elkhorn South/Northwest)
300 Low Hurdles (B) (Elkhorn South/Northwest)
200 Meter Run (G)
200 Meter Run (B)
3200 Meter Run (G)
3200 Meter Run (B)
400 Meter Relay (4x100) (G / B)
1600 Meter Relay (4x400) (G / B)

Eligibility:

NSAA rules govern competition. No false start rule in effect!

Spikes:

Bryan has an all weather surface. Only 1/8" spikes may be worn **PLEASE!** The shot and disc rings are made of concrete.

Starting Heights:

Determined by entries

Qualifying:

In the field events, each competitor will get 4 attempts and no finals. All running events are finals competition.

Shots and Discs:

We will pool all shots and discus brought to the meet

Admission:

Students \$3.00 and Adults \$5.00 (West stadium seating only)

Restrooms & Lockers: Restrooms available on both concourses. No locker facilities will be available!