

**LSW OPEN TRACK AND FIELD INVITATIONAL**  
**Thursday -- March 29<sup>th</sup>**  
**Beechner Field / Lincoln High Track**

***Field Events Excused from school @ 10:37 am (end of 4<sup>th</sup> period)***

***Running Events Excused from school @ 11:38 am (end of 5<sup>th</sup> period – A Lunch)***

Bring extra clothing – gloves, stocking hat, socks, and snacks for yourself

Report to your event coach 1 hr. before your 1<sup>st</sup> event.

**12:00** Girls High Jump -- NO ENTRY

Boys High Jump -- NO ENTRY

**12:00** Girls Long Jump -- Aysha G., Megan H., Zee J., Merna K., Anh M., Gabby S.

Girls TJ follows LJ -- NO ENTRY

**12:00** Boys Long Jump -- Hunt B., Cory H., Gabe H., Amani M., Quinn T.

Boys TJ follows LJ -- Hunt B., Cory H., Gabe H., Amani M., Quinn T.

**12:00** Girls Shot Put -- NO ENTRY

Boys Shot Put follows -- Matias B., Raziel C., Zavion G-H., Andrew B., Bryce B., Drake H.,  
Liam M., Sam M., Heinrick N., Kaleb P., Tony W.

**12:00** Boys Discus -- Matias B., Raziel C., Zavion G-H., Andrew B., Bryce B., Drake H.,  
Liam M., Sam M., Heinrick N., Kaleb P., Tony W.

Girls Discus follows -- NO ENTRY

**12:00** Boys Pole Vault -- Josh L., Anthony L., Breckin B.

Girls Pole Vault follows -- Grace M.

**12:30** Girls 4 x 800 Relay -- Ruby H., Meghan B., Cassidy W., Parker B.

Boys 4 x 800 Relay -- NO ENTRY

\* The 4x800 meter relay may be run in one heat.

**12:55** Girls 100 HH -- NO ENTRY

**1:10** Boys 110 HH -- NO ENTRY

**1:25** Girls 100 Meters -- NO ENTRY

Boys 100 Meters -- Jaxon D., Mark A., Kintrell D., Quinton T., Jak K., Amani M., Tyson D.,  
Hunt B., Rashad R.

**2:05** Girls 400 Meters -- Meghan B., Rylee S., Neive R., Ruby H.

Boys 400 Meters -- Jonas S.

**2:40** Girls 1600 Meters -- Parker B., Cassidy W.

Boys 1600 Meters -- Dominic V., Jacob K-L., Mustafa F.

**3:20** Girls 4 x100 Relay -- NO ENTRY

Boys 4 x 100 Relay -- NO ENTRY

**3:40** Girls 300 LH -- Maria G.

**3:55** Boys 300 IH -- NO ENTRY

**4:20** Girls 800 Meters -- Rylee S., Neive R.

Boys 800 Meters -- Thor L., Liam M., Jonas S., Eli S., Mustafa F.

**4:45** Girls 200 Meters -- NO ENTRY

Boys 200 Meters -- Jaxon M., Mark A., Kintrell D., Quinton T., Amani M., Tyson D., Rashad R.

**5:20** Girls 3200 Meters -- NO ENTRY

Boys 3200 Meters -- NO ENTRY

**5:45** Girls 4 x 400 Relay -- NO ENTRY

Boys 4 x 400 Relay -- NO ENTRY