

NEBRASKA STATE TRACK MEET 2018

THE BUS leaves from the parking lot

Friday -- 11:30 am

Saturday -- 6:30 am

- **Water** -- Drink / Hydration -- get behind, never catch up !!!
- **Breakfast** -- On **Friday**, grab something before you arrive
-- Friday / Lunch provided on way to Burke
-- Friday / Dinner on the way home

-- On **Saturday**, granola bars and fruit provided
-- Lunch / sandwiches, chips, fruit, etc.
- **Reminder / WEATHER** -- Watch the meet and then find shade or shelter!
**** Dry socks, Dry shirts, RED OUTER WEAR !!
- **T-Shirts** / State Meet / \$13.00 -- purchase on **Friday** (color & sizes)
- **Uniform Rule** -- especially for the Relays
- **Electronic Rule** -- no electronics on the infield or throwing areas
- **REPRESENT YOUR FAMILY, YOURSELF, TRACK TEAM AND LHS**
- **Music** -- Mental Imagery -- Relax the Body -- Deep Breaths

ATTITUDE IS EVERYTHING !!!!!

Friday

3:00 pm	Discus	Alena
5:30 pm	Shot Put	Michael
6:00 pm	Triple Jump	Samuel Dauntavis

Saturday

11:00 am	Discus	Carlos
1:00 pm	Shot Put	Alena
3:00 pm	Long Jump	Dauntavis

**** Times are Approximate ****

**** Running will not run ahead more than 15 minutes ****

FRIDAY

3:05	Girls 4 x 800 Relay
4:25	110 HH
4:44	Girls 100 Meters
4:56	Boys 100 Meters
5:51	Boys 400 Meters
7:27	Boys 300 IH
8:05	Boys 200 Meters

SATURDAY

10:30	Boys 800 Meters
11:05	Girls 4 x 100 Relay
11:40	Boys 4 x 100 Relay
12:25	110 HH *FINALS*
12:40	Girls 100 Meter *FINALS*
12:50	Boys 100 Meter *FINALS*
1:30	Boys 400 Meter *FINALS*
2:40	Boys 1600 Meters
3:20	Boys 300 IH *FINALS*
3:45	Boys 200 Meter *FINALS*
4:55	Boys 4 x 400 Relay