

NSAA District C-1 Track and Field Meet



**Conestoga
Elmwood-Murdock
Freeman
Johnson County Central
Lincoln Lutheran
Louisville
Lourdes Central Catholic
Palmyra
Syracuse
Weeping Water**

May 11, 2023

**Syracuse Track and Field
Complex**

ORDER OF EVENTS

8:45 a.m. Coaches' Meeting (Middle School Commons)

10:00 a.m. Field Events

Series I	Girls Discus	Series II	Boys Discus
	Boys Shot		Girls Shot (Unified shotput to follow)
	Boys Long Jump		Boys Triple Jump
	Girls Triple Jump		Girls Long Jump(Unified LJ to follow)
	Boys High Jump		Girls High Jump
	Girls Pole Vault		Boys Pole Vault

Starting heights will be determined from district entries.

1:00 p.m.

(at conclusion of field events)

Running Events - First Session

Unified 400 Meter Relay - Finals

3200 Meter Relay - Girls Finals

3200 Meter Relay - Boys Finals

100 Meter Highs - Girls Prelims

110 Meter Highs - Boys Prelims

100 Meter Dash - Girls Prelims

100 Meter Dash - Boys Prelims

Unified 100 Meter Dash - Finals

400 Meter Dash - Girls Finals

400 Meter Dash - Boys Finals

3200 Meter Run - Girls Finals

3200 Meter Run - Boys Finals

200 Meter Dash - Girls Prelims

200 Meter Dash - Boys Prelims

Intermission

Running Events - Second Session

100 Meter Highs - Girls Finals

110 Meter Highs - Boys Finals

100 Meter Dash - Girls Finals

100 Meter Dash - Boys Finals

800 Meter Run - Girls Finals

800 Meter Run - Boys Finals

300 Meter Hurdles - Girls Finals

300 Meter Hurdles - Boys Finals

200 Meter Dash - Girls Finals

200 Meter Dash - Boys Finals

1600 Meter Run - Girls Finals

1600 Meter Run - Boys Finals

400 Meter Relay - Girls Finals

400 Meter Relay - Boys Finals

1600 Meter Relay - Girls Finals

1600 Meter Relay - Boys Finals