

Event: JCC Track & Field Invite at Johnson County Central

Date: Friday, May 9, 2025

Teams: *Elmwood-Murdock, Falls City Sacred Heart, JCC, Lincoln Southwest, Louisville, Nebraska City, Palmyra, Southern, Syracuse, Weeping Water, Wilber-Clatonia*

9:15 AM - Coaches Meeting

10:00 AM - Field Events

Girls Discus *followed by* Girls Shot Put

Boys Shot Put *followed by* Boys Discus

Girls Long Jump *followed by* Boys Long Jump

Boys Triple Jump *followed by* Girls Triple Jump

Girls High Jump *followed by* Boys High Jump

Boys Pole Vault *followed by* Girls Pole Vault

Unified Events @ 11:00 (long jump followed by shot put followed by 100m dash followed by 4x100 relay).

1:00 PM - Running Events

3200 Meter Relay - *Girls Finals*

3200 Meter Relay - *Boys Finals*

100 Meter Hurdles - *Girls Prelims*

110 Meter Hurdles - *Boys Prelims*

100 Meter Dash - *Girls Prelims*

100 Meter Dash - *Boys Prelims*

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*

Break

100 Meter Hurdles - *Girls Finals*

110 Meter Hurdles - *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*

****We will use both place and times to determine finalists****