

**Nebraska Capitol Conference Track Meet**  
**Saturday, May 1, 2021**  
**Syracuse High School**

**Date:** Saturday, May 1, 2021  
9:00 a.m. Coaches scratch/add (South Side of Concession Stand)  
10:00 a.m. Field Events  
12:30 p.m. Running Events

**Entries:** Entries are open now - all entries due no later than 4/29/21 at 11:30 a.m.  
Web Link: <https://www.vbmeets.com/31896>

**Meet Director:** Justin Royal, Syracuse High School (402) 269-5045

**Jury of App.:** Steven Gubbels, Arlington, Rick Nordhues, Syracuse; Brian Thimm, Ashland-Greenwood

**Starter:** Scott Beckler

**Meet Referee:** Brad Buller

**Place:** Syracuse High School Stadium

**Admission:** \$5.00 Adults; \$4.00 Students (NCC Passes accepted)

**Concessions:** Available at the concession stand. Coaches, workers, and bus drivers will receive hospitality tickets.

**Awards:** Plaque plates will be awarded for Boys and Girls Champion and Runner-Up.  
Medals will be awarded for all six placed at individual events.  
Medals will be awarded for the first three places for all relays.  
Ribbons will be awarded for 4th, 5th, and 6th place for all relays.

**Scoring:** 10,8,6,4,2,1

**Rules:** We will abide by NSAA Track and Field rules.

**Meet Specifics:** Only 1/8" spikes allowed.  
No tape on track.  
Vaulting poles must be marked as per NSAA track manual.  
Shot put, Discus, long jump, and triple jump: 3 Prelims and 3 Finals.  
Starting heights will be set after the entries are received.  
Set up camps in grass areas on the outside perimeter of the track.  
**Only coaches, NSAA media, and athletes that have been called to report may be in the infield area.**  
Limit 3 contestants per individual event; 1 relay per school. Each participant can compete in only four events.

**Bus Parking:** Please park buses along the east curb in the Middle School parking lot.

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**\*\*All times approximate. We will run ahead of schedule if possible.**

9:00 Scratch and add meeting on the south side of the concession stand.

**Field Events**

10:00

**Boys**

Shot put  
Long Jump  
Pole Vault

**Girls**

Discus  
Triple Jump  
High Jump

11:00

Discus  
Triple Jump  
High Jump

Shot Put  
Long Jump  
Pole Vault

**12:30-Start Running Events:**

4 x 800m relay (G) Finals  
4 x 800m relay (B) Finals  
100 m High Hurdles (G) prelims  
110m High Hurdles (B) prelims  
100 m Dash (G) prelims  
100 m Dash (B) prelims  
400 m Dash (G) Finals  
400 m Dash (B) Finals  
3200 M Run (G) Finals  
3200 M Run (B) Finals  
200 M Dash (G) prelims  
200 M Dash (B) prelims

Running Events Finals (we will have a 15 minute break after the 200 prelims)

100 m High Hurdles (G) Finals  
110 m High Hurdles (B) Finals  
100 m Dash (G) Finals  
100 m Dash (B) Finals  
800 m Run (G) Finals  
800 m Run (B) Finals  
300 m Low Hurdles (G) Finals  
300 m Inter. Hurdles (B) Finals  
200 m Dash (G) Finals  
200m Dash (B) Finals  
1600 m Run (G) Finals  
1600 m Run (B) Finals  
4 x 100 m relay (G) Finals  
4 x 100 m relay (B) Finals  
4 x 400 m relay (G) Finals  
4 x 400 m relay (B) Finals

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**Meet Record - Records**

<b>Boys</b>				
<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Result</b>	<b>Year</b>
100 Meter Dash	Cole Biodrowski	Fort Calhoun	10.3	2001
200 Meter Dash	Cole Biodrowski	Fort Calhoun	21.3	2001
400 Meter Dash	Jon Flight	Wahoo	50.3	2017
800 Meter Run	Jared Maslowsky	Arlington	01:59.27	2010
1600 Meter Run	Jeff Lehr	Wahoo	04:33.40	1984
3200 Meter Run	Jeff Lehr	Wahoo	09:53.2	1984
110 High Hurdles	Jon Flight	Wahoo	14.47	2017
300 Hurdles	Jon Flight	Wahoo	39.48	2017
400 Meter Relay		Syracuse	43.9	1990
1600 Meter Relay		Wahoo	03:29.9	1990
3200 Meter Relay		DC West	08:14.64	2013
High Jump	Kyle Odvody	Wahoo	7'0"	1999
Long Jump	Steve Carmer	Wahoo	22'11"	1988
Triple Jump	Chad Blacketer	Bennington	46'8 1/2"	1997
Pole Vault	T.J. Kloster	Arlington	15'6"	1997
Shot Put	Jess Kirchoff	Syracuse	59'5 1/2"	1997
Discus	Bret Kitrell	Ashland	171'	2017
<b>Girls</b>				
<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Result</b>	<b>Year</b>
100 Meter Dash	Liz Romans	Ashland-Greenwood	12.22	2010
200 Meter Dash	Brittney Fox	Raymond Central	26.06	2012
400 Meter Dash	Gina Jochim	Raymond Central	57.5	1982
800 Meter Run	Haley Harsin	Syracuse	02:18.5	2013

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1600 Meter Run	Haley Harsin	Syracuse	05:23.2	2012
3200 Meter Run	Erin Curran	Wahoo	11:36.7	2009
100 High Hurdles	Bryn Matulka	Ray. Central	15.19	2013
300 Hurdles	Amber Linnenbrink	Fort Calhoun	46.72	2010
400 Meter Relay		Arlington	51.1	1985
1600 Meter Relay		Syracuse	4:10.11	2019
3200 Meter Relay		Wahoo	10:04.6	1985
High Jump	Pam Ruge	Syracuse	5'6 1/2"	1984
Long Jump	Lauren Meyer	Syracuse	18'5"	2019
Triple Jump	Lauren Meyer	Syracuse	38' 5"	2019
Pole Vault	Kylee Edmonds	Wahoo	10'4"	2019
Shot Put	Tiffany Poole/Melissa Hilgenkamp	Ashland/Arlington	42'1"	1998/2010
Discus	Brittany Wilkins	Arlington	139'6"	2001