



2023 District C-5 Track & Field Meet



*** Ainsworth *** Battle Creek *** Elkhorn Valley *** Lutheran High Northeast ***
*** Norfolk Catholic *** North Central *** Summerland *** Valentine *** West Holt ***

Thursday, May 11, 2023

9:00am – Coaches' Meeting in the north gym

10:00 am– Start of Field Events

Pole Vault - Girls followed by Boys

High Jump - Boys followed by Girls

Triple Jump - Girls followed by Boys

Long Jump - Boys followed by Girls

Discus - Boys followed by Girls

Shot Put - Girls followed by Boys

1:30pm -First Session of Running Events

(All events are girls followed by boys and prelims unless noted)

3200m Relay Finals

100m High Hurdles (girls)

110m High Hurdles (boys)

100m Dash

400m Dash Finals

3200m Run Finals

(allow 10 minutes to change cameras if wind dictates flipping the 200s)

200m Dash

Approx. 30 minute break. **Meal provided for all coaches and workers in the cafeteria.**

Finals Session

100m Hurdles (girls)

110m Hurdles (boys)

100m Dash

800m Run

300m Hurdles

(allow 10 minutes to change cameras if wind dictates flipping the 200s)

200m Dash

(allow 10 minutes to change cameras back if wind dictates flipping the 200s)

1600m Run

400m Relay

1600m Relay