2019 NSAA STATE TRACK AND FIELD CHAMPIONSHIP SCHEDULE
Omaha Burke Stadium, 12200 Burke Blvd., Omaha, NE--Friday & Saturday--May 17-18, 2019

Friday, May 17—All Preliminaries–*except the 3200 meter events*

The first running event will begin at 9:00 A.M., with the girls' Class C events being run first, followed by the girls' Class A, boys' Class C, and boys' Class A events. At 3:00 P.M. Classes D and B will begin with girls' Class D, followed by girls' Class B, boys' Class D, and boys' Class B events. Events will follow this time schedule as closely as possible. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

Classes C and A		Classes D and B	
9:00 A.M.	3200 Meter Relay Finals	3:00 P.M.	3200 Meter Relay Finals
9:55 A.M.	100 Meter High Hurdles	3:55 P.M.	100 Meter High Hurdles
10:15 A.M.	110 Meter High Hurdles	4:15 P.M.	110 Meter High Hurdles
10:35 A.M.	100 Meter Dash	4:35 P.M.	100 Meter Dash
11:15 A.M.	400 Meter Dash	5:15 P.M.	400 Meter Dash
11:55 A.M.	3200 Meter Run Finals	5:55 P.M.	3200 Meter Run Finals
12:55 P.M.	300 Meter Low Hurdles	6:55 P.M.	300 Meter Low Hurdles
1:15 P.M.	300 Meter Int. Hurdles	7:15 P.M.	300 Meter Int. Hurdles
1:35 P.M.	200 Meter Dash	7:35 P.M.	200 Meter Dash

Saturday, May 18--All Finals

All Classes. The first running event will begin at 9:30 A.M. with the girls' Class D 800 meter run. It will be followed by girls' C, B, and A. The boys' four classes will then follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:30 A.M.	800 Meter Run
10:45 A.M.	400 Meter Relay
12:00 P.M.	100 Meter High Hurdles
12:15 P.M.	110 Meter High Hurdles
12:30 P.M.	100 Meter Dash
12:55 P.M.	400 Meter Dash
1:45 P.M.	1600 Meter Run
2:55 P.M.	300 Meter Low Hurdles
3:10 P.M.	300 Meter Int. Hurdles
3:25 P.M.	200 Meter Dash
3:55 P.M.	1600 Meter Relay

*****Field Events*****

Event	Boy/Girl	CLASS A	CLASS B	CLASS C	CLASS D
Long Jump	♦ Boys	8:30 a.m. Sat.	3:00 p.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
	∗Girls	11:00 a.m. Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
Triple Jump	♦ Boys	9:00 a.m. Fri.	6:00 p.m. Fri.	12:00 noon Fri.	3:00 p.m. Fri.
	∗Girls	1:30 p.m. Sat.	11:00 a.m. Sat.	3:30 p.m. Sat.	8:30 a.m. Sat.
Shot Put	♦ Boys	9:00 a.m. Fri.	5:30 p.m. Fri.	11:00 a.m. Fri.	3:30 p.m. Fri.
	∗Girls	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
Discus	♦ Boys	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
	∗Girls	12:00 noon Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
High Jump	♦ Boys	12:00 noon Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
	∗Girls	8:30 a.m. Sat.	3:00 p.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
Pole Vault	♦ Boys	9:00 a.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	3:30 p.m. Fri.
	∗Girls	9:00 a.m. Sat.	3:30 p.m. Fri.	9:00 a.m. Fri.	1:00 p.m. Sat.