

Lyons-Decatur Jr.-Sr. High School

ACTIVITIES DEPARTMENT -----

400 S 5th Street Lyons, NE 68038; 402-687-2363

Bruce Knaak- Athletic Director



2025 COUGAR INVITATIONAL TRACK MEET

DATE: Tuesday, April 15, 2023 @ 10:00 AM

TEAMS: Bancroft-Rosalie, Brownell Talbot, Cedar Bluffs, Clarkson-Leigh, Howells-Dodge, Mead, Oakland-Craig, Omaha Nation, Pender, Scribner-Snyder, Stanton, Wakefield, Winnebago.

COUGAR INVITATIONAL TRACK MEET

Order of Events

10:00 A.M. – FIELD EVENTS

Boys Triple Jump East side of track jumping to middle pit
Girls Long Jump East side of track jumping to north pit
Boys Shot Put East of track, (behind press box)
Girls Discus West of track facility, (visitor parking area for FB games)
Girls High Jump High jump apron (north end of track)

11:30 A.M. (or sooner) –FIELD EVENTS:

Boys Long Jump East side of track jumping to middle pit
Girls Triple Jump East side of track jumping to north pit
Girls Shot Put East of track, (behind press box)
Boys Discus West of track facility, (visitor parking area for FB games)
Boys High Jump High jump apron (north end of track)

12:30—Track events: GIRLS FOLLOWED BY BOYS

12:30	3200 m Relay	Finals
1:00	100/110m H Hurdles	Prelims
	100m Dash	Prelims
	400m Dash	Finals
	3200m Run	Finals
	200m Dash	Prelims

FINALS (approximately 3:30 p.m.)

100/110m H Hurdles
100 m Dash
800m Run
300m low/intermediate hurdles
200m Dash
1600m Run
400m Relay
1600m Relay