

BULLDOG INVITE @ HUMPHREY-LINDSAY)

DATE: WEDNESDAY, MAY 7TH 2025

LOCATION: HUMPHREY TRACK AND FIELD COMPLEX (SOUTH SIDE OF TOWN)

TEAMS INVOLVED: RIVERSIDE, HOWELLS-DODGE, ELGIN/ELGIN POPE JOHN, ELKHORN VALLEY, ARCHANGLES, LUTHERAN HIGH-NORTHEAST, CLARKSON/LEIGH, HUMPHREY-LINDSAY, CENTRAL VALLEY, GRAND ISLAND NORTHWEST

ADMISSION: \$ 5 FOR ADULTS (NO PASSES, INCLUDING CONFERENCE PASSES)

FAT SYSTEM: Black Squirrel

Live Results Link: bstc.live

SCHEDULE OF EVENTS:

BULLDOG INVITE AT HUMPHREY TRACK COMPLEX

FIELD EVENTS:

9:00 AM	BOYS: DISCUS TRIPLE JUMP POLE VAULT	GIRLS: SHOT PUT HIGH JUMP LONG JUMP
10:00 AM	BOYS: SHOT PUT HIGH JUMP LONG JUMP	GIRLS: DISCUS TRIPLE JUMP POLE VAULT

RUNNING EVENTS: 11:00 AM **(ALL RUNNING EVENTS, GIRLS FOLLOWED BY BOYS)**

PRELIMS: 3200 M. RELAY (4 X 800)
100 HURDLES (GIRLS)
110 HURDLES (BOYS)
UNIFIED 100 M. followed by 100 M.
400 M.
3200 M RUN
200 M

SHORT BREAK (DURING THIS TIME, HAVE RUNOFFS – IF NECESSARY)

FINALS: 100 HURDLES
110 HURDLES
UNIFIED 100
100 M.

800 M. RUN

300 M. HURDLES

200 M

1600 M. RUN

400 M. RELAY (non-scored event – field event relay)

400 M. RELAY (scored) 4 X 100

1600 M. RELAY 4X400

FOOTBALL FIELD, TRACK AND FIELD COMPLEX RULES:

WE ARE PRIVILEGED TO HAVE A NEW FACILITY TO USE HERE IN HUMPHREY. THIS IS A TRACK WE ARE PLANNING ON USING A LOT THROUGH THE YEARS, HOSTING QUITE A FEW MEETS. WITH ALL THIS BEING SAID, WE ASK IF YOUR TEAMS CAN HELP US MAINTAIN IT, AND KEEP IT LOOKING CLEAN!

- 1 – THE FOOTBALL FIELD IS FOR THOSE ATHLETES WARMING-UP ONLY. IF STUDENTS ARE NOT WARMING UP, THEY NEED TO BE ON THE OUTSIDE OF THE TRACK AREA. OUTSIDE TRACK AREA, DURING RUNNING EVENTS.
- 2 - NO FOOD ITEMS ON THE TRACK AND FIELD.
- 3 - ONLY WATER IS ALLOWED ON THE TRACK AND FIELD.
- 4 - NO GUM OR SUNFLOWER SEEDS ON THE FIELD AND TRACK.
- 5 - CROSS THE TRACK WHERE THERE ARE GATES/OPENINGS.
- 6 - PLEASE USE TRASH CANS, DON'T LEAVE THE TRACK COMPLEX AND/OR YOUR CAMPSITE WITH LITTER.