

FRIEND HIGH TRACK INVITATIONAL APRIL 16th, 2019

TIME SCHEDULE AND TIME OF EVENTS

9:30 AM Scratch & Add Meeting
 10:00 AM Field Events
 1:00 PM Running Events

SCHOOLS: Cross County, Diller-Odell, Dorchester, Freeman, East
 Butler, Friend, Meridian, Nebraska Lutheran, and Crete
 JVs, Seward JVs

10:00 START FIELD EVENTS	FIRST (10:00)	SECOND (11:00)
DISCUS	BOYS	GIRLS
SHOT PUT	GIRLS	BOYS
HIGH JUMP	BOYS	GIRLS
LONG JUMP	GIRLS	BOYS
TRIPLE JUMP	BOYS	GIRLS
POLE VAULT	GIRLS	BOYS

12:30 RUNNING EVENTS MAY START SOONER, OR IF WE FINISH AHEAD OF
 SCHEDULE.

1:00 PRELIMS- GIRLS WILL PRECEDE THE BOYS

3200-METER RELAY	FINALS	
100-METER HIGH HURDLES	PRELIMS	GIRLS
110-METER HIGH HURDLES	PRELIMS	BOYS
100-METER DASH	PRELIMS	
400-METER DASH	FINALS	
3200 METER RUN	FINALS	
200-METER DASH	PRELIMS	

3:00 FINALS- OR 30 MINUTES AFTER PRELIMS ARE FINISHED

100-METER HIGH HURDLES	FINALS	GIRLS
110-METER HIGH HURDLES	FINALS	BOYS
100 METER DASH	FINALS	
800 METER RUN	FINALS	
300 METER LOW HURDLES	FINALS	GIRLS
300-METER INTER. HURDLES	FINALS	BOYS
200-METER DASH	FINALS	
1600 METER RUN	FINALS	
400-METER RELAY	FINALS	
1600-METER RELAY	FINALS	

FRIEND INVITATIONAL TRACK RECORDS

BOYS

LONG JUMP

Derek Zimmerman, Freeman 23'5.75"
2014

TRIPLE JUMP

Derek Zimmerman, Freeman 47'6.75"
2014

HIGH JUMP

Sean Jamison, Nebraska Lutheran 6'4"
2004

DISCUS

Drew Miller, Bruning-Davenport 164' 8"
2003

SHOT PUT

Andrew Davis, Friend 52' 1"
2003

POLE VAULT

Cole Meyer, Friend 13' 9" 2007
Stephen Perkins, Seward 13'9" 2007

100 METER DASH

Derek Zimmerman, Freeman 10.9
2014

200 METER DASH

Parker Anderson, Cross County 22.4
2013

400 METER DASH

Aaron Giannou, Cross County 51.9
2014

800 METER RUN

Anthony Aerts, East Butler 2:04.1
2006

1600 METER RUN

Anthony Aerts, East Butler 4:46.8
2005

3200 METER RUN

Heath Leitz, Cross County 10:42.8
2009

110 METER HIGH HURDLES

Tyson Buresh, East Butler 14.9
2005

300 METER LOW HURDLES

Jon Young, Freeman 41.7
2005

4 X 100 METER RELAY

East Butler 45.6
2004

4 X 400 METER RELAY

East Butler 3:38.3
2006

4 X 800 METER RELAY

Cross County 8:44.5 2007

GIRLS

LONG JUMP

Anamarie Stern, Nebraska Lutheran 16' 2.5"
2014

TRIPLE JUMP

Janelle Weber, Dorchester 36' 8"
2005

HIGH JUMP

Katie Schoer, Fairbury 5' 2"
2007

DISCUS

Carmen Lawver, Dorchester 131' 9"
2012??

SHOT PUT

Kylee Trobee, Freeman 40' 5.5"
2009

POLE VAULT

Taylor Menke, Friend, 10'0"
2014

100 METER DASH

Jessica Kramer, Cross County 12.7
2005

200 METER DASH

Marissa Bongers, East Butler 26.8
2009

400 METER DASH

Marissa Bongers, East Butler 59.9
2009

800 METER RUN

Marissa Bongers, East Butler 2:20.6
2010

1600 METER RUN

Amanda Aerts, East Butler 5:36.4
2010

3200 METER RUN

Cassie Aerts, East Butler 12:03.9
2009

100 METER LOW HURDLES

Hannah Helman, East Butler 15.8
2005

300 METER LOW HURDLES

Hannah Helman, East Butler 47.7
2005

4 X 100 METER RELAY

East Butler 53.6
2005

4 X 400 METER RELAY

East Butler 4:26.4
2007

4 X 800 METER RELAY

East Butler 10:27.9 2005