**Elkhorn South Invite**

**Elkhorn High School- Elkhorn Nebraska**

**Friday, March 18th, 2022**

***Itinerary:*** The bus will leave at 12:00 pm from the school.  BE ON TIME or you be left behind!  We will not be stopping to eat on the way back.  We should arrive home in the evening.  Coach McLaughlin’’s Cell (402) 218-8244.

***To Bring:*** Uniform Top & Bottom, Sweats/Warm-ups, Water Bottle, Healthy Snacks/Lunch, Shoes, Spikes, Extra Socks, extra clothes, rain gear and anything under your uniform should be solid black.  Leave valuable items at home if possible.

***Team Stats:*** We were 5th last year with 31 points with medals in 7 events. We took about ½ our team.

***Teams:*** Elkhorn, Elkhorn South, Gretna, Lincoln East, Millard North, Lincoln Northeast, **PL SOUTH**

***Weather:*** Partly cloudy with highs in the 50’s, and winds at 10-15 mph.  It is Nebraska, so be prepared for anything!

***Awards:*** Medals to the top 6 finishers in each event and relay.

**Throws and Horizontal Jumps will get 3 attempts in prelims, top 8 make it to finals**

**1:30      High Jump (Boys First)** Connor Lawrence, Gabe Kugler, Trent Krogman

**Discus (Girls First)** Matthew Scarpello, Caiden Frederick

**Shot Put (Boys First)** Keegan Meehan, Caiden Frederick, Matthew Scarpello

**Pole Vault (Girls First)** NONE

**Long Jump (East Runway)** NONE

**Triple Jump (After LJ on West Run.)** NONE

**TRACK EVENTS Girls events 1st; All finals against time, Rolling Schedule**

**3:00 4x800 Relay** John Fiedler, Matt Valenta, Xavier Mallow, Wyatt Schreiner (Alt: Victor Garza)

**110m Hurdles**  Brandon Blodgett, Albert Brooks

**100 m Dash Prelims** Max Niiya, Jameson Allen

**400 m Dash**  Cael Mensah

**3200 m Run**  Isaac Haselhorst

**Break 30 minutes**

**800 m Run** Dakota Miser

**300 m Hurdles** Jaxon Christensen, Matt Valenta, Brandon Blodgett

**200 m Dash**  Max Niiya, Connor Lawrence, Gabe Kugler

**1600 m Run**  Isaac Haselhorst, Victor Garza, Henry Stamps

**4x100 Relay** NONE

**4x400 Relay** Dakota Miser, Jaxon Christensen, Cael Mensah, Jameson Allen (Alt: Wyatt Schreiner, Kugler)

***Things to Remember:***

1) The NSAA Jewelry Rule has been waived.

2) No electronic devices in the competition area

3) If you are going to wear any garments under your uniform (t-shirts, tights, etc.) please wear **SOLID BLACK**