**Metro Conference**

**Omaha Burke High School- Tuesday, May 3rd**

***Itinerary:*** If they stay on schedule, we should return to school by 7:30 pm. We want you staying the ENTIRE MEET! If you are only competing later on in the day, you may attend the morning session or stay in school until bus #2 leaves. Please inform Coach McLaughlin of your plans. My cell is 402-218-8244.

***To Bring:*** Uniform Top & Bottom, Titan Gear, Water Bottle, Healthy Snacks/Lunch, Shoes, Spikes, and Extra Socks. Leave valuable items at home.

***Teams:*** OPS Schools, Bellevue Schools, Elkhorn South, Millard Schools, Gretna, Westside, Prep, Papillion-LV Schools

***Team Stats:*** In 2021, we finished 5th out of 17 schools with 52 points and 17 medals (Medals to top 8 = All-Conference)

***NOTE:*** Also, all electronic devices (cell phones, ipods, cameras, etc.) will not be allowed in the competition area at Metros. The competition area is defined as all space inside the fence that surrounds the perimeter of the track and includes the infield area. If you want to warm-up with these, you will need to warm-up outside of the track, otherwise keep it in the tent. Even if you see other athletes with these items inside the competition area, DO NOT take yours in! At this point in the season we do not want to jeopardize our ability to compete because of a silly rule…so let’s follow it and if you see your teammates with them be a good teammate and remind them of the rule.

**Top 9 marks in the field events will advance to finals and Top 8 in running events regardless of prelim place (8th place times/marks from 2021 in parenthesis)**

9:00 a.m. Boys Pole Vault (10’0) **Michael Johnson**  
Boys Shotput (48’0.5) **Caiden Fredrick, Austin Hurt**   
Boys Triple Jump (41’3.5) **Connor Cochran**  
High Jump (girls first) (5’10) **No Entry**  
Discus (girls first) (144’6) **Austin Hurt, Caiden Fredrick, Matthew Scarpello**  
Long Jump (girls first) (21’3) **Connor Cochran**

**SCHEDULE OF RUNNING EVENTS WITH UNIFIED EVENTS**

(The schedule is approximate, events will be run immediately following completion of preceding event but no more than 15 minutes ahead of schedule)

12:00 3200 Meter Relay (8:46.34) **Quin Karas, Kirk Bramwell, Dane Oliver, Dakota Miser (Michael Stamps)**

12:40 110 Meter High Hurdles (16.25) **Ian Lewis, Matt Valenta**

12:55 100 Meter Dash (11.10) **Anthony Jones, Caleb Christensen, Connor Lawrence**

1:25 400 Meter Dash (52.65) **Jameson Allen, Cael Mensah, Cam Ralston**  
2:00 3200 Meter Run (10:01.66) **John Fiedler, Bo Crews, Isaac Haselhorst**

2:50 200 Meter Dash (22.68) **Anthony Jones, Max Niiya, Trenton Lovings**

-***BREAK-  
During break: \*100 Meter Dash \*400 Meter Relay***

4:15 110 Meter High Hurdles Finals (16.36) **TBD**

4:20 100 Meter Dash Finals (11.38) **TBD**  
4:30 800 Meter Run (2:03.41) **Michael Stamps, Dakota Miser, Kirk Bramwell**

4:55 300 Meter Low Hurdles (43.35) **Matt Valenta, Jaden Quelette, Ian Lewis**

5:30 200 Meter Dash Finals (22.96) **TBD**

5:40 1600 Meter Run (4:34.78) **Quin Karas, Connor Hadaway, Victor Garza**

6:10 400 Meter Relay (44.46) **Max Niiya, Anthony Jones, Caleb Christensen, Connor Lawrence (Alt. Jameson Allen)**

6:35 1600 Meter Relay (3:38.58) **Cael Mensah, Cam Ralston, Dakota Miser, Jameson Allen (Alt. Michael Stamps)**

***Coach’s Comments:*** It’s Championship Time! Go out and compete hard, stay mentally tough and believe in all the work you have put in so far. We need each and every one of you for this big challenge. BELIEVE!

**Parent Information: Admission will be charged- $6 for adults and $4 for students**