

Nebraska Association Junior Olympic and Masters Open Championships.



Event Schedule

Tuesday, June 11, 2024

At The University of Nebraska - Lincoln

5:00pm

Hammer Throw 15-18 Girls followed by Boys

Javelin 11-12, 13-14, 15-16, 17-18 Girls followed by Boys

6:00pm

Steeplechase 13-14, 15-16, 17-18 All Girls followed by All boys (Age groups with the same barrier height may be combined but boys and girls will not be run together.)

*****Master athletes will compete at 17-18 time slots*****

Wednesday, June 12, 2024

At Gretna High School

All Multi Events Start at 5:00

15-16 & 17-18 BOYS Decathlon (First Day)

100 Meter Dash
Long Jump
Shot Put (12 lb)
High Jump
400 Meter Dash

15-16 & 17-18 GIRLS Heptathlon (First Day)

100 Meter Hurdles (33")
High Jump
Shot Put (4 kilos)
200 Meter Dash

9-10 GIRLS/BOYS Triathlon

Shot Put (6 lb)
High Jump
200/400 Meter Dash

A 30 minute break will be allocated between each multi event. Events will be moved up in the event of inclement weather and/or with the agreement of all competitors and coaches. Groups in the same event in a given time frame may be combined.

5:00pm

Shot Put 9-10 Triathlon Girls followed by Boys
100m Hurdles (33") 15-16/17-18 Heptathlon Girls
100m Dash 15-16/17-18 Decathlon Boys

5:30pm - Approximate start time

High Jump - 9-10 Triathlon Girls followed by Boys
High Jump - 15-16/17-18 Heptathlon Girls
Long Jump - 15-16/17-18 Decathlon Boys

6:00pm - Approximate start time

200m Dash 9-10 Triathlon Girls
400m Dash 9-10 Triathlon Boys
Shot Put - 15-16/17-18 Heptathlon Girls
Shot Put - 15/16/17-18 Decathlon Boys

6:30pm - Approximate start time

200m Dash - 15-16/17-18 Heptathlon Girls
High Jump - 15-16/17-18 Decathlon Boys

7:00pm - Approximate start time

400m Dash - 15-16/17-18 Decathlon Boys

**Master athletes will compete at 17-18 time slots

Thursday, June 13, 2024

At Gretna High School

All Multi Events Start at 5:00

15-16 & 17-18 BOYS Decathlon (Second Day)

110 Meter Hurdles (39")
Discus (1.6 kilos)
Pole Vault
Javelin (800 g)
1500 Meter Run

15-16 & 17-18 GIRLS Heptathlon (Second Day)

Long Jump
Javelin
800 Meter Run

11-12 GIRLS/BOYS Pentathlon

80 Meter Hurdles
High Jump
Shot Put
Long Jump
800/1500 Meter Run

13-14 GIRLS/BOYS Pentathlon

100 Meter Hurdles (30/33")
High Jump
Shot Put (6 lb/4 kilos)
Long Jump
800/1500 Meter Run

A 30 minute break will be allocated between each multi event. Events will be moved up in the event of inclement weather and/or with the agreement of all competitors and coaches. Groups in the same event in a given time frame may be combined.

4:30pm

Long Jump 15-16/17-18 Heptathlon
Racewalk - All

Javelin 9-10

5:00pm

80 Meter Hurdles 11-12 Pentathlon
100 Meter Hurdles 13-14 Pent.
110m Hurdles 15-16/17-18 Dec.
Javelin - 15-16/17-18 Heptathlon
Long Jump 8-Under
High Jump 9-10

6:00pm - Approximate start time

Shot Put - Pentathlon
Pole Vault - 15-16/17-18 Decathlon
Javelin 8-Under
Long Jump 9-10

5:30pm - Approximate start time

High Jump Pentathlon
Discus - 15-16/17-18 Decathlon
800m Run - 15-16/17-18 Heptathlon

6:30pm - Approximate start time

Long Jump Pentathlon
Javelin - 15-16/17-18 Decathlon
Shot Put 8-Under

7:00pm - Approximate start time

800/1500m Run Pentathlon
1500m Run - 15-16/17-18 Decathlon
Shot Put 9-10

**Master athletes will compete at 17-18 time slots

Friday, June 14, 2024
At Gretna High School

If any preliminary race has 8 or less competitors it will be run as the final,
eliminating the race on Saturday. All Masters Races are Finals

Running Events

**Standard Order unless otherwise stated **Master athletes will compete at 17-18 time slots
Girls Followed by Boys**

5:00pm Rolling Schedule

800 Meters
80 Meter Hurdles 11-12 Prelims
100 Meter Hurdles 13-14 Prelims
100 Meter Hurdles 15-16/17-18 GIRLS Prelims
110 Meter Hurdles 15-16/17-18 BOYS Prelims
100 Meter Dash Prelims
3000 Meter Final 11-12, 13-14,15-16, 17-18
4x100 Meter Relay Finals

Field Events

TRIPLE JUMP - Age Groups May Be Combined

5:00pm Rolling Schedule

PIT 1

13-14 Girls
15-16 Girls
17-18 Girls

PIT 2

13-14 Boys
15-16 Boys
17-18 Boys

SHOT PUT - Age Groups May Be Combined

5:00pm Rolling Schedule

Pit 1

11-12 Girls
13-14 Girls
15-16 Girls
17-18 Girls

Pit 2

11-12 Boys
13-14 Boys
15-16 Boys
17-18 Boy

Saturday, June 15, 2024
At Gretna High School

Running Events

Standard Order unless otherwise stated **Master athletes will compete at 17-18 time slots

Girls Followed by Boys

8:30 am Rolling Schedule

4x800 Meter Relay Finals 11-12, 13-14, 15-16, 17-18
Hurdles Finals 80M 100M 110M
100m Dash Finals
1500m Run Finals
400m Run Finals
Lunch Break (if needed)
200m Hurdles Finals
400m Hurdles Finals
200m Dash Finals
4x400 Meter Relay Finals

Field Events

Pole Vault

8:30 am Rolling Schedule

All Ages Girls Followed by Boys

Long Jump (All 11-18)

8:30 am Rolling Schedule

Pit 1

11-12 Girls
13-14 Girls
15-16 Girls
17-18 Girls

Pit 2

11-12 Boys
13-14 Boys
15-16 Boys
17-18 Boys

High Jump

8:30 am Rolling Schedule

North Pit

15-16 Girls
17-18 Girls
11-12 Girls
13-14 Girls

South Pit

15-16 Boys
17-18 Boys
11-12 Boys
13-14 Boys

Discus

8:30 am Rolling Schedule

11-12 Girls Followed By Boys
13-14 Girls Followed By Boys

17-18 Girls Followed By Boys
15-16 Girls Followed By Boys

*****Master athletes will compete at 17-18 time slots*****

Updated 6/2/2024