

## Welcome to the 9th Annual Northeast Nebraska Spring Sprints

Athlete participation is not limited.  
Athletes may change events at any time.

### Schedule:

9:15-10:00 Registration

10:00 National Anthem

### Field Events

Long Jump (K-6)

Shot Put/Softball Throw (7-12)

\*If doing both events, report to the other event when finished.

Discus/Frisbee

800m Run

\*If an athlete is in both events, report to 800m run before going to discus.

200m Run

25m Assisted Walk

400m Run

25m Wheelchair

50m Walk

100m Run

100m Walk

50m Wheelchair Slalom

4x100m Relay

Medals (by school)

\*Announced by school. All athletes come to track to get medals and for a picture then return to their seat.

\*There will be a ½ hour lunch time sometime between 11:00 and 12:00, however you are able to eat whenever it is convenient for you and your class.