

# Lincoln SW JV Invite - FINAL

@ Union Bank Stadium - Lincoln Northwest High School - 4901 W Holdrege St, Lincoln  
Wednesday, April 9th, 2025

**Itinerary:** You will be dismissed from school at the end of 3rd period. **The bus will leave at 11:00.** You are responsible for the school work you will miss in your 4th - 7th period classes. If the meet remains on schedule, we should return to school between 8:00-8:30 pm. All athletes will ride the bus to Lincoln unless cleared ahead of time. If you need to leave early, check out with Coach Johansen before you leave. You may not leave with someone else's parents unless your parents have **emailed** Coach Johansen ahead of time.

**To Bring:** Uniform top & black bottoms, warm ups, (please be sure to wear Titan gear,) water bottle, healthy snacks AND lunch, shoes, spikes, and extra socks. Leave valuable items at home if possible. **Remember if you are going to wear anything under your uniform please make it solid black.**

**Teams:** Southwest, East, Lincoln High, Northstar, Northeast, Lincoln Pius X, Southeast, Omaha Westside, Papillion-Lavista South, Parkview Christian, Standing Bear

**Weather:** 56 Degrees, winds from the NNW at 15-25 mph

**Notes:** Ribbons to the top 6 individuals & relays in each event. Scoring top 6 places in all events.

**Parents:** Admission \$7 for adults, \$5 for students.

## FIELD EVENTS

1:00	Pole Vault	Tori Doble, Madalyn England, Ella Hall
	Discus	Maddox Graves, Evangeline Brodersen, Taylor Parrack
	High Jump	Emily Valenta, Lilah Thomas, Eryn Gigstead
	Long Jump	Dakota Sayre, Taylor Tresemer, Claire Jorgensen
	Shot Put (After Boys)	Katelyn Herd, Taylor Parrack, Eliana Cook
	Triple Jump (Following LJ)	Keaton Smith, Jo Warriner, Claire Jorgensen

## RUNNING EVENTS

**Running events will be on a rolling schedule. They will try to move fast.**

2:00	3200-Meter Relay	Noelle Lewis, Brynley Howard, Lily Dunlow, Sidney Vollmer
	100-Meter Hurdle Finals	Maddie Kastrup, Eve Bridger, Taylor Tresemer
	100 Meter Finals	Keaton Smith, Brooklyn Sayre, Dakota Sayre
	1600 Meter Finals	Olivia Hizon, Haley Weeks, Charlie Stock
	4x100 Meter Relay	Nicole Nelson, Dakota Sayre, Brooklyn Sayre, Taylor Tresemer
	400 Meter Finals	Farrin Brueckner, Jenna Stenger, Lucenna Hanna
	300 Meter Hurdles	Rilee Albanez
	800 Meter Finals	Noelle Lewis, Brynley Howard, Lily Dunlow
	200 Meter Finals	Samantha Dyer, Kamryn Sinclair, Farrin Brueckner
	3200 Meter Finals	NONE
	4x400 Meter Relay	Farrin Brueckner, Noelle Lewis, Jenna Stenger, Olivia Hizon

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## MEET DAY EXPECTATIONS:

- Warm-Up based on the directions given by your event coach.
- Make sure you are properly fueled and hydrated.
- Compete to the best of your ability for that day.
- Be coachable!
- Make sure the energy you bring is energy that lifts up those around you.
- Learn something!