

HAC Track and Field Championships - 2025

Tuesday, May 6, at Union Bank Stadium

Hosted by Lincoln East

LOCATION: UBT Stadium - Lincoln Northwest High School - 4901 W. Holdrege St., Lincoln, NE. 68528

START TIME Field Events: 10:30 am

RUNNING EVENTS: 1:00 pm

Live Results Link: <https://live.athletic.net/meets/48203>

TEAMS Grand Island (GI); Fremont (FRE); Lincoln High (LHS); Lincoln East (LE); Lincoln Northeast (LNE); Lincoln North Star (LNS); Lincoln Southeast (LSE); Lincoln Southwest (LSW); Norfolk (NOR), Columbus (COL), and Kearney (KRNY)

SCORING 10-8-6-5-4-3-2-1

AWARDS Team championship and runner-up plates will be awarded. Medals will be awarded for the 1st thru 8th places in individual events, and the 1st thru 4th in Relays.

ADMISSION \$8 for adults and \$6 for students. Only HAC passes will be accepted. **NO PETS** are allowed inside the Stadium.

MEET RESULTS Meet results will be available at <https://live.athletic.net/meets/48203> and emailed after the meet.

Dismissal -Field event athletes are dismissed all day

Track event athletes are dismissed at 9:51 after 2nd but may stay in class as needed. Talk to your event coach about when to be at UBS and when to warm up.

SCHEDULE OF EVENTS

FIELD EVENTS

10:30 AM

Boys Pole Vault - none

Girls Pole Vault - Brynn T, Zoe W, Aenaya L

10:30 AM

Girls Shot Put - Sofia P, Ahmani S, Nyla J,

Boys Shot Put Ty Bilew

10:30 AM

Boys Discus - Ty B, Casper T, Leziga I

Girls Discus to Follow Ahmani S, Sofia P, Alexis L

10:30 AM

Girls High Jump - Gigi O, Miamona K, Scarlett A

Boys High Jump - DJ K, Pal J, Micah M,

10:30 AM

Boys Long Jump - Ezra P, Solomon W, Reggie D,

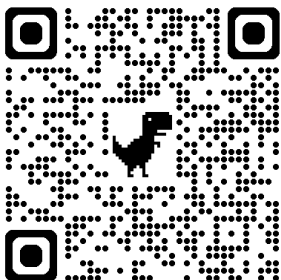
Boys Triple Jump - Reggie D, Andel R

10:30 AM

Girls Long Jump - Nyaboth L, Kamarie J

Girls Triple Jump to Follow - Adia M, Nyaboth L, Kamarie J

Live HAC Results



RUNNING EVENTS

1:00 PM	Girls 3200 Meter Relay	JaLeah DS, Sydney K, Lily T, Harper W.S
1:15 PM	Boys 3200 Meter Relay	Trey C, Beckett B, Hutton R, Charles S
1:30 PM	Girls 100 Meter Hurdles	none
1:40 PM	Boys 110 Meter Hurdles	none
1:50 PM	Girls 100 Meter Dash	Oriane C, Jaidyn R, Aaliyah P
2:00 PM	Boys 100 Meter Dash	Michael EC, Ezra P, Solomon W
2:20 PM	Girls 400 Meter Dash	Jamir W, Abby K, Gwynn H
2:35 PM	Boys 400 Meter Dash	Charles S, Micah M, Tyan T
2:50 PM	Girls 3200 Meter Run	Jerusha O, Alice D
3:05 PM	Boys 3200 Meter Run	Bishop N.A.
3:25 PM	Girls 200 Meter Dash	Kamarah W, Imani A, Aaliyah P
3:35 PM	Boys 200 Meter Dash	Michael EC, Solomon W

Break - Food will be served from 3:15-4:30 inside under the West bleachers for coaches, workers, and administrators. You must have your wristband.

ALL FINALS FOLLOWING BREAK

4:30 PM	Girls 100 Meter Hurdles	
4:35 PM	Boys 110 Meter Hurdles	
4:45 PM	Girls 100 Meter Dash	
4:50 PM	Boys 100 Meter Dash	
4:55 PM	Girls 800 Meter	Abby K, Lily T
5:05 PM	Boys 800 Meter	David R
5:20 PM	Girls 300 Meter Hurdles	- Amy H
5:35 PM	Boys 300 Meter Hurdles	- None
5:50 PM	Girls 200 Meter Dash	
5:55 PM	Boys 200 Meter Dash	
6:05 PM	Girls 1600 Meter Run	Sydney W, Lily L, Harper WS
6:20 PM	Boys 1600 Meter Run	Hutton R, Beckett B, Trey C
6:35 PM	Girls 400 Meter Relay	Imani A, Jaidyn R, Aaliyah P, Kamarah W
6:40 PM	Boys 400 Meter Relay	Solomon W, Michael EC, Ezra P, Tyan T
6:50 PM	Girls 1600 Meter Relay	JaLeah D.S, Sydney W, Jadis C, Sydney K
7:05 PM	Boys 1600 Meter Relay	- None

****Running Events will run no more than 10 minutes ahead of schedule. Inclement weather would be the only exception.**