

TRACK & FIELD

E117 unless otherwise noted

Tuesday, July 23

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:45 a.m.

11:45 a.m. – 1:15 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:05 p.m.

Registration & Exhibit Areas Open

NCA Cross Country/Track & Field Sport Meeting: Advisory Committee
Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

Ed Fye & Lauren Tamayo, Doane University, NE (Men & Women) – *High Jump*

Annika Pingel, Doane University, NE (Men & Women) – *Sprints, Acceleration Starts*

Welcome & Keynote: Rhonda Revelle, University of Nebraska – *Embrace It All* – Main Gym

Lunch on your own

Nebraska State Performance Testing Championships – Main Gym

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – Auditorium

Rhonda Revelle, University of Nebraska – *Women Athletic Leadership* – Main Gym

Amber Fahey, SHIFT – *WIN - What's Important Now - Awareness of Where You are "NOW" & Where You Want to Be is Key to Progression, The Power of Setting "Clear" Short Term Progression Goals Throughout Your Season* – South Gym

2:20 p.m. – 4:30 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room

2:20 p.m. – 3:10 p.m.

Jeremy Haselhorst & Joseph Cooley, Papillion-La Vista South HS, NE – *Free 2 Compete*

2:20 p.m. – 3:10 p.m.

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A* – Small Theater

3:10 p.m. – 3:30 p.m.

Ice Cream Social - Presented by Nebraska State Education Association – Exhibitor Area

3:30 p.m. – 4:20 p.m.

Brad Jenny & Annika Pingel, Doane University, NE (Men & Women) – *800m Training*

4:30 p.m. – 6:00 p.m.

In-Person CPR & AED Training – South Gym

(Must register and complete the online training prior to clinic)

Wednesday, July 24

7:00 a.m. – 2:30 p.m.

Running/Walking for Kindness - Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network - LNS East Parking Lot

7:00 a.m. – 8:15 a.m.

Fellowship of Christian Athletes Breakfast, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – E117

7:30 a.m. – 2:30 p.m.

Registration & Exhibit Areas Open

8:00 a.m. – 2:00 p.m.

Coaches Care Blood Drive – West Side LNS

8:30 a.m. – 9:20 a.m.

P.J. Grosserode, Doane University, NE (Men & Women) – *Triple Jump*

9:35 a.m. – 10:25 a.m.

Mike Reed, Gordon HS, TX – *Beginners to Elite Hurdling*

10:40 a.m. – 11:10 a.m.

NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)

11:20 a.m. – 12:10 p.m.

NSAA Track & Field Meeting

11:55 a.m. – 1:15 p.m.

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

1:30 p.m. – 3:30 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room

1:30 p.m. – 2:20 p.m.

Zach Lurz, Doane University, NE (Men & Women) - *Discus*

2:30 p.m. – 3:20 p.m.

Zach Lurz, Doane University, NE (Men & Women) – *Shot Put*

3:30 p.m. – 3:45 p.m.

Final Drawings – Main Gym