

EMF TRACK INVITATIONAL

APRIL 22 nd , 2025

9:30 Coaches' Scratch & Add Meeting

10:00 FIELD EVENTS FIRST (10:00) SECOND (11:00)

DISCUS	BOYS	GIRLS
SHOT PUT	GIRLS	BOYS
HIGH JUMP	BOYS	GIRLS
LONG JUMP	GIRLS	BOYS
TRIPLE JUMP	BOYS	GIRLS
POLE VAULT	GIRLS	BOYS

1:00 RUNNING EVENTS MAY START SOONER, OR IF WE FINISH AHEAD OF SCHEDULE.

PRELIMS- GIRLS WILL PRECEDE THE BOYS

3200-METER RELAY	FINALS	
100-METER HIGH HURDLES	PRELIMS	GIRLS
110-METER HIGH HURDLES	PRELIMS	BOYS
100-METER DASH	PRELIMS	
400-METER DASH	FINALS	
3200 METER RUN	FINALS	
200-METER DASH	PRELIMS	

3:30 FINALS- OR 30 MINUTES AFTER PRELIMS ARE FINISHED

100-METER HIGH HURDLES	FINALS	GIRLS
110-METER HIGH HURDLES	FINALS	BOYS
100 METER DASH	FINALS	
800 METER RUN	FINALS	
300 METER LOW HURDLES	FINALS	GIRLS
300-METER INTER. HURDLES	FINALS	BOYS
200-METER DASH	FINALS	
1600 METER RUN	FINALS	
400-METER RELAY	FINALS	
1600-METER RELAY	FINALS	

FRIEND/EMF INVITATIONAL TRACK RECORDS on next page

FRIEND/EMF INVITATIONAL TRACK RECORDS

<u>BOYS</u>	<u>GIRLS</u>
<u>LONG JUMP</u>	<u>LONG JUMP</u>
Derek Zimmerman, Freeman 23'5.75" (2014)	Anamarie Stern, Nebraska Lutheran 16' 2.5" (2014)
<u>TRIPLE JUMP</u>	<u>TRIPLE JUMP</u>
Derek Zimmerman, Freeman 47'6.75" (2014)	Janelle Weber, Dorchester 36' 8" (2005)
<u>HIGH JUMP</u>	<u>HIGH JUMP</u>
Sean Jamison, Nebraska Lutheran 6'4" (2004)	Katie Schoer, Fairbury 5' 2" (2007)
<u>DISCUS</u>	<u>DISCUS</u>
Drew Miller, Bruning-Davenport 164' 8" (2003)	Carmen Lawver, Dorchester 131' 9" (2012???)
<u>SHOT PUT</u>	<u>SHOT PUT</u>
Andrew Davis, Friend 52' 1" (2003)	Kylee Trobee, Freeman 40' 5.5" (2009)
<u>POLE VAULT</u>	<u>POLE VAULT</u>
Cole Meyer, Friend 13' 9" (2007) Stephen Perkins, Seward 13'9" (2007)	Taylor Menke, Friend, 10'0" (2014)
<u>100 METER DASH</u>	<u>100 METER DASH</u>
Derek Zimmerman, Freeman 10.9 (2014)	Jessica Kramer, Cross County 12.7 (2005)
<u>200 METER DASH</u>	<u>200 METER DASH</u>
Parker Anderson, Cross County 22.4 (2013)	Marissa Bongers, East Butler 26.8 (2009)
<u>400 METER DASH</u>	<u>400 METER DASH</u>
Aaron Giannou, Cross County 51.9 (2014)	Marissa Bongers, East Butler 59.9 (2009)
<u>800 METER RUN</u>	<u>800 METER RUN</u>
Anthony Aerts, East Butler 2:04.1 (2006)	Marissa Bongers, East Butler 2:20.6 (2010)
<u>1600 METER RUN</u>	<u>1600 METER RUN</u>
Anthony Aerts, East Butler 4:46.8 (2005)	Amanda Aerts, East Butler 5:36.4 (2010)
<u>3200 METER RUN</u>	<u>3200 METER RUN</u>
Heath Leitz, Cross County 10:42.8 (2009)	Cassie Aerts, East Butler 12:03.9 (2009)
<u>110 METER HIGH HURDLES</u>	<u>100 METER LOW HURDLES</u>
Tyson Buresh, East Butler 14.9 (2005)	Hannah Helman, East Butler 15.8 (2005)
<u>300 METER LOW HURDLES</u>	<u>300 METER LOW HURDLES</u>
Jon Young, Freeman 41.7 (2005)	Hannah Helman, East Butler 47.7 (2005)
<u>4 X 100 METER RELAY</u>	<u>4 X 100 METER RELAY</u>
East Butler 45.6 (2004)	East Butler 53.6 (2005)
<u>4 X 400 METER RELAY</u>	<u>4 X 400 METER RELAY</u>
East Butler 3:38.3 (2006)	East Butler 4:26.4 (2007)
<u>4 X 800 METER RELAY</u>	<u>4 X 800 METER RELAY</u>
East Butler 8:44.35 (2024)	East Butler 10:27.9 (2005)