

Central Nebraska Challenge

Sunday, March 29th, 2026

Field Events - Throws

Shot put will begin following disc/hammer. The time listed is an estimate.

- 10:30 am** Hammer (southwest ring) – Men followed by Women
10:30 am Discus (northwest ring) – Women followed by Men
12:00 pm Javelin – Women followed by Men
~6:00 pm Shot Put – Men (east ring), Women (west ring)

Field Events - Jumps

Triple Jump will begin at 4:00 PM, not immediately after the long jump.

- 1:00 pm Pole Vault – Women followed by Men
1:00 pm Long Jump – Men (west runway), Women (east runway)
2:00 pm High Jump (south pit) – Women followed by Men
4:00 pm Triple Jump – Men (west runway), Women (east runway)

Track Events - Fast to slow heats

Running events will not start more than 10 minutes ahead of schedule.

The number of heats shown are from the 2025 Central Nebraska Challenge.

- 12:30 pm Women/Men 5000 Meter Racewalk (1 heat)
1:30 pm Women 4 x 100 Meter Relay (1)
1:35 pm Men 4 x 100 Meter Relay (1)
1:40 pm Women 3000 Meter Steeplechase (1)
1:55 pm Men 3000 Meter Steeplechase (1)
2:15 pm Women 100 Meter Hurdles (4)
2:35 pm Men 110 Meter Hurdles (3)
2:50 pm Women 400 Meter Dash (4)
3:05 pm Men 400 Meter Dash (4)
3:20 pm Women 100 Meter Dash (5)
3:35 pm Men 100 Meter Dash (7)
4:00 pm Women 800 Meter Run (2)
4:10 pm Men 800 Meter Run (5)
4:35 pm Women 400 Meter Hurdles (2)
4:45 pm Men 400 Meter Hurdles (3)
5:00 pm Women 200 Meter Dash (7)
5:20 pm Men 200 Meter Dash (7)
5:45 pm Women 1500 Meter Run (4)
6:15 pm Men 1500 Meter Run (4)
6:50 pm Women 4 x 400 Meter Relay (1)
7:00 pm Men 4 x 400 Meter Relay (2)
7:15 pm Women 5000 Meter Run (1)
7:40 pm Men 5000 Meter Run (1)
8:00 pm End of Meet

**Hosted by Hastings College and
University of Nebraska at Kearney**

