

Lady Titan Track & Field Practice & Meet Schedule—2026

NOTE: Practice times are subject to change based on weather or team requests. Changes will be kept to a minimum.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	MARCH 2 Practice 3:35 pm-6:00 pm	3 Practice 3:35-6:00	4 Practice 3:35-6:00	5 Practice 3:35-6:00	6 Practice 3:35-6:00	7 Practice 10:00-12:00 <i>Parent Meet</i>
WEEK 2	9 Practice 3:35 pm-6:00 pm	10 Practice 3:35 pm-6:00 pm	11 Practice 3:35 pm-6:00 pm <i>Senior Pic-7:30am</i>	12 Practice 3:35 pm-6:00 pm	13 Practice 3:35 pm-6:00 pm	14 Practice 10:00-12:00
WEEK 3	16 SPRING BREAK WEEK 8-10 or 10-12	17 Practice 8-10 or 10-12	18 Practice 8-10 or 10-12	19 Practice 8-10 or 10-12	20 <i>Elk South Invite</i> Practice 8-10 or 10-12	21 <i>CSM Indoor</i>
WEEK 4	23 <i>JV @ PL South</i> Practice TBA <i>NCA's will work</i>	24 <i>ACT DAY</i> <i>Varsity Only</i> Practice TBA	25 Practice 3:35-6:00	26 Practice 3:35-6:00 <i>Team Pics</i>	27 <i>Doane Indoor</i>	28 Practice 10:00-12:00 <i>No TPC/Gyms</i>
WEEK 5	30 <i>JV Tri @ Elk South</i> Practice 3:35-6:00	31 Practice 3:35-6:00	APRIL 1 Practice 3:35-6:00	2 <i>Creighton Prep</i>	3 NO SCHOOL No Practice	4 No Practice
WEEK 6	6 NO SCHOOL Practice 2:00 - 4:00	7 Practice 3:35-6:00	8 <i>Lincoln SW JV</i> Practice 3:35-6:00	9 Practice 3:35-6:00	10 <i>Millard South Invite</i>	11 Practice 10:00-12:00 <i>PROM</i>
WEEK 7	13 Practice 3:35-6:00	14 <i>JV @ O. Northwest</i> Practice 3:35-6:00	15 Practice 3:35-6:00	16 <i>Titan Classic</i> <i>NCA's will work</i>	17 Practice 3:35-6:00	18 Practice 10:00-12:00
WEEK 8	20 Practice 3:35 - 6:00	21 Practice 3:35-6:00	22 Practice 3:35-6:00	23 <i>DSI Invite</i>	24 Practice 3:35-6:00	25 <i>Millard West 9th</i> Practice 10:00-12:00
WEEK 9	27 Practice 3:35-6:00	28 <i>JV @ Millard North</i> Practice 3:35-6:00	29 Practice 3:35-6:00 <i>Honors Night</i>	30 <i>Gretna Invite</i>	MAY 1 Practice 3:35-6:00	2 Practice 10:00-12:00
WEEK 10	4 Practice 3:35-6:00	5 <i>Metro Meet</i>	6 <i>Metro Meet</i>	7 Practice 3:35-6:00 <i>Seniors Last Day</i>	8 <i>Metro JV Meet</i> TBD BY Event Coach	9 Practice 10:00-12:00
WEEK 11	11 Practice 3:35-6:00	12 <i>District Meet</i>	13 TBD BY Event Coach	14 Practice 3:35-6:00	15 Practice 3:35-6:00	16 Practice 10:00-12:00
WEEK 12	18 Practice 3:35-6:00	19 Practice 3:35-6:00	20 <i>State Meet</i> <i>Exam Finals</i>	21 <i>State Meet</i> <i>Exam Finals</i>	22 <i>Exam Finals</i>	23

● Coaching Staff

- o Head Coach: Jerrid Johansen – Cell: 402-630-8774 – email: jerrid.johansen@plcschools.org
- o Assistant Coaches: George Drinnin (Throws), Jeremy Haselhorst (Distance), Jody McQueen (Pole Vault), Tate Norblade (Sprints/Jumps) Matt Peitz (Throws), Jim Simpson (Hurdles), Trey Tiefenthaler (Jumps), Molly Werner (Sprints/Jumps)

● Follow the Lady Titans Track & Field Team

- o Twitter: @southtitantrack
- o www.athletic.net and www.southtitantrack.org both contain a complete history of our program. Full meet results will be posted here throughout the season.

2026 Lady Titan T&F Meet Schedule

****Start times may change; detailed meet schedules will be sent out the week of the meet.**

<i>Date</i>	<i>Meet</i>	<i>Location</i>	<i>Lady Titans Competing</i>	<i>Meet Start</i>	<i>Class Periods Missed</i>
Friday, March 20th	Elkhorn South Invite	Elkhorn HS	Select Varsity & Select JV	3:00 pm	5th - 7th Bus Leaves @ 1:00 pm
Saturday, March 21st	CSM Indoor	College of St. Mary	Select Varsity & Select JV	9:00 am Field 11:00 am Track	None
Monday, March 23rd	Metro JV Meet	PL South HS	JV (Non-competing athletes will help run the meet)	2:00 pm	6th - 7th
Friday, March 27th	Doane Indoor	Doane Fieldhouse Crete, NE	Varsity	1:00 pm	3 rd - 7 th Bus Leaves @ 10:30 am
Monday, March 30th	Elkhorn South Triangular	Elkhorn South HS	Select Varsity & JV	4:00 pm	7th Bus Leaves @ 2:00
Thursday, April 2nd	Creighton Prep Invite	Creighton Prep HS	Varsity	12:30 pm	3rd - 7th Bus Leaves @ 10:30
Wednesday, April 8th	Lincoln SW JV Invite	LNW HS - Union Bank Stadium	Select JV	1:00 pm	4th - 7th Bus Leaves @ 10:30 am
Friday, April 10th	Millard South Invite	Millard South HS	Varsity	1:00 pm	4th - 7th Bus Leaves @ 11:00 am
Tuesday, April 14th	Metro JV Meet	Omaha NW HS	JV	TBD	TBD Bus Leaves @ TBD
Thursday, April 16th	Titan Classic	PL South HS	Varsity & Select JV (Non-competing athletes will help run the meet)	1:30 pm	5 th - 7 th
Thursday, April 23rd	Monarch Invite	PL South HS	Varsity	2:00 pm	5 th - 7 th
Saturday, April 25th	Millard West Freshman Invite	Millard West HS	Select Freshmen	11:00 am	None Bus Leaves @ 9:00 am
Tuesday, April 28th	Metro JV	Millard North HS	JV	3:30 pm	TBD Bus Leaves @ 1:30 pm
Thursday, April 30th	Gretna Invite	Gretna HS	Varsity	12:00 pm	4th - 7th Bus Leaves @ 10:30 am
NOTE: Only select athletes will continue to the CHAMPIONSHIP PHASE of our season. This will be a decision made by the coaching staff based on practice & meet performance along with attendance					
Tuesday, May 5th	Metro Conference Meet	Burke HS	Varsity	1:00 pm	4 th - 7 th Bus Leaves @ 11:00 am
Wednesday, May 6th	Metro Conference Meet	Burke HS	Varsity	1:00 pm	4 th - 7 th Bus Leaves @ 11:00 am
Friday, May 8th	Metro Conference JV Meet	Omaha Bryan HS	Select JV	11:00 am HJ 12:00pm Field 2:30 pm Track	4 th - 7 th Bus 1 @ 10:30 am Bus 2 @ Noon
Tuesday, May 12th	District Meet	Fremont HS	Varsity	TBD	TBD Bus Leaves @ TBD
Wednesday, May 20th	State Meet	Omaha Burke HS	Select Varsity	9:00 am Field 1:30 pm Track	All Day Bus Leaves @ TBD
Thursday, May 21st	State Meet	Omaha Burke HS	Select Varsity	9:00 am Field 1:30 pm Track	All Day Bus Leaves @ TBD