



2009 USATF NEBRASKA ASSOCIATION

MULTI EVENTS

Doane College · 1014 Boswell Ave. · Crete, Nebraska

Saturday, June 13, 2009 · Sunday, June 14, 2009

Meet Director · Bad Jenny Declarations · Steve Morrison



ENTRY FEES: Triathlon - \$15.00
Pentathlon - \$20.00
Heptathlon - \$25.00
Decathlon - \$30.00

REGISTRATION: Registration and payment at the meet. Events will start on-time with or without you. No exceptions.

AWARDS: Top six (6) in each division receive a medal

REGIONALS: Top six (6) in each division qualify for regionals at Burke Stadium in Omaha, NE. Be prepared to sign-up and pay regional registration fee before you leave the event

NAME (print) _____ **BIRTH DATE:** _____

ADDRESS: _____ **PHONE #** _____

CITY: _____ **STATE:** _____ **ZIP** _____

USATF CLUB NAME or "Unattached": _____ **BOY GIRL**
circle one

DIVISION: BANTAM MIDGET YOUTH INTERMEDIATE YOUNG
circle one

I certify that _____ was born on the date stated above and has my permission to compete in the USATF multi events. I accept full responsibility for this participation.

Signed, _____ Parent or Guardian

To HELP speed the process and draw up heats please fill this form out prior to coming to the event and have your cash or check ready. No late fees for day of meet registration.



2008 USATF NEBRASKA ASSOCIATION MULTI EVENTS



SCHEDULE

Saturday June 13, 2009

Heptathlon <i>100m Hurdles</i> <i>High Jump</i> <i>Shot Put</i> <i>200m</i>	Young Women	Registration Start	7:00am-7:30 8:00am
	Intermediate Girls	Registration Start	7:00am-7:30 8:00am

Pentathlon <i>100m Hurdles</i> <i>Shot Put</i> <i>High Jump</i> <i>Long Jump</i> <i>800m/1500m</i>	Youth Girls	Registration Start	7:00am-8:00 8:30am
	Youth Boys	Registration Start	7:00am-8:30 9:00am

Decathlon <i>100m</i> <i>Long Jump</i> <i>Shot Put</i> <i>High Jump</i> <i>400m</i>	Intermediate Boys	Registration Start	7:00am-8:30 9:15am
	Young Men	Registration Start	7:00am-8:30 9:15am

Sunday June 14, 2009

Decathlon <i>110m Hurdles</i> <i>Discus Throw</i> <i>Pole Vault</i> <i>Javelin Throw</i> <i>1500m</i>	Intermediate Boys	Start	8:00am
	Young Men	Start	8:00am

Heptathlon <i>Long Jump</i> <i>Javelin Throw</i> <i>800m</i>	Young Women	Start	8:30am
	Intermediate Girls	Start	8:30am

Pentathlon <i>80m Hurdles</i> <i>Shot Put</i> <i>High Jump</i> <i>Long Jump</i> <i>800m/1500m</i>	Midget Girls	Registration Start	7:00am-8:00 8:30 am
	Midget Boys	Registration Start	7:00am-8:30 9:00 am

Triathlon <i>Shot Put</i> <i>High Jump</i> <i>400 m</i>	Bantam Girls	Registration Start	7:00am-9:30 10:00am
	Bantam Boys	Registration Start	7:00am-9:30 10:30am