



2009 Elwood Youth Invitational

Site: Elwood High School

Location: Please take the exit on the Lexington interchange off I-80. You will travel 15 miles south on Highway 283. Please turn west at the courthouse and go two blocks.

Date & Time: May 2, 2009 Sanction: Nebraska Association USATF

Age Divisions: Bantam(born 1999 or after), Midget(97/98), Youth(95/96)

Admission: Adults--\$4.00, kids 6-12--\$2.00, 5 & under free. Competitors must have a 2009 USATF card to participate. This will serve as their entrance pass. In addition, "coach" USATF cards will be honored. USA cards can be purchased on the Nebraska Association website www.nebraskausatf.org for \$19. USA cards purchased the day of the meet are \$20.00 for renewals or new cards with proof of birth, or \$23.00 if there is no proof of birth. Cards will be available between 8:00-10:00a.m. Contact Cindy DeSantiago, 15904 O Circle, Omaha, NE 68135, or e-mail neusatfreg@aol.com with questions.

Number of Events: Bantam/Midget-3 events, Youth-4 events. Relays count as one event.

Entry Fees: \$4.00 per event if received by Monday, April 27, \$8.00 Tues.-Friday, \$12.00 the day of the meet. There will also be a \$12.00 fee the day of the meet for each event change. Meet day entries close at 9:00a.m. All entry fees are non-refundable. Individual entries will not be accepted without payment.

Mail to: Diane Remmenga

P.O. Box 404

Elwood, NE 68937

*Please be sure to include phone number, date of birth, and whether boy/girl.

Awards: Medals to the Top 6 Finishers

For further information, contact meet director Diane Remmenga or e-mail jdremmenga@yahoo.com

SCHEDULE OF FIELD EVENTS:

Announcements of any changes the day of the meet take precedence over the printed schedule.
Groups may be combined.

Starting time: 9:00 a.m.

Long Jump: BG/BB, MG/MB, YG/YB

Pole Vault: YG, YB

High Jump: YG, YB, MG, MB, BG, BB

Triple Jump-south pit: YG, YB

**High Jump will follow Pole Vault

**Triple Jump will be held after the long jumps are finished.

Shot put: BG, BB, MG, MB, YG, YB

Discus: MG, MB, YG, YB

**Discus will follow Shot Put

SCHEDULE OF RUNNING EVENTS:

Announcements of any changes the day of the meet take
precedence over the printed schedule.

“Standard order” will be: BG, BB, MG, MB, YG, YB

9:30 a.m. 3000m run: MG, MB, YG, YB finals (groups may be combined)

80m hurdles: MG, MB finals by time comparison

100m hurdles: YG, YB finals by time comparison

400m dash: standard order finals by time comparison

4x800m relay: MG, MB, YG, YB finals (groups may be combined)

200m dash: standard order finals by time comparison

800m run: standard order finals

100m dash: standard order finals

200m hurdles: YG, YB finals by time comparison

1500m run: standard order finals (groups may be combined)

4x100m relay: standard order finals by time comparison (groups may be combined)

4x400m relay: standard order finals by time comparison (groups may be combined)

Competitors must stay alert to announcements over the P.A. system!

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For further information, please contact meet director Diane Remmenga at (308)785-8038 or e-mail
jdremmenga@yahoo.com