

Battle of the Relays



2017 North Omaha Bengals Relay Invitational

Benson High School
(5120 Maple st Omaha NE 68104)

Date & Time: Saturday, June 24th, 2017- (Gates Open 7:00am start)
Sanction: Nebraska Association USATF

AGE GROUP:

- 17-18 Boys/Girls – born in 1999 or 2000 (or in 1998 on/after July 31)
- 15-16 Boys/Girls – born in 2001 or 2002
- 13-14 Boys/Girls – born in 2003 or 2004
- 11-12 Boys/Girls – born in 2005 or 2006
- 9-10 Boys/Girls – born in 2007 or 2008
- 8 & Under Boys/Girls – born in 2009 or later

Admission: Adults--\$4.00, kids 6-12 - \$2.00, 5 & under free. Competitors must have a 2017 USATF card to participate. This will serve as their entrance pass. In addition, "coach" USATF cards will be honoured.

www.nebraskausatf.org - Athlete's USATF cards can be purchased on the Nebraska Association website for \$20.00.

Refreshments: Standard concession items will be sold.

Number of Events: 13 Events, 2 Open events, 8 Relays and 3 Field Events Relays (2 per a team for all field events)

Entry Fees:

\$20.00/event for all Team Manager by Wednesday June 21st

\$32.00 per event if received by email or mail from Wed. June 21st– Friday, June 23rd

Please email all Team Manager Files to meshahmarks@gmail.com by June 21st by midnight.

THERE WILL NOT BE ANY ONSITE ENTRIES ACCEPTED. ALL ENTRIES MUST BE IN BY FRIDAY June 23rd

Awards: Medals for 1st, 2nd and 3rd places and ribbons for 4th through 6th place
ALL MEDALS/RIBBONS MUST BE PICKED UP THE DAY OF THE MEET. Please Communicate with Meshah Marks if you are not able to get your Medal the same day of the meet.

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SCHEDULE OF FIELD EVENTS

(to compete in the Field Events Relays you have 2 people per relay.)

These field events will begin promptly at **8:00 a.m.** in the following order:

Long jump (West pit): 8 & under B, 9-10B, 11-12 B, 13-14 B, 15-16, 17-18 B

Long jump (East pit): 8 & under G, 9-10 G, 11-12 G, 13-14 G, 15-16, 17-18 G

Shot put (East parking lot corner) 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B, 8 & under G, 8 & under B, 9-10G, 9-10B

Javelin (on the field west of Stadium by Soccer field): 13-14G, 15-16G, 13-14B, 15-16B, 11-12G, 11-12B, 17-18G, 17-18 B, 9-10G, 9-10B, 8 & under G, 8 & under B

SCHEDULE OF TRACK EVENTS:

“Standard order” will be: 8 & under G, 8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

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

8:30 a.m. 4X 65 Hurdles Relay: 11-12G, 11-12B

4X100 Hurdle relay: 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

Sprint Medley Relay (200,200,400,800) *8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

100 meter dash * 8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

4X800 Relay * 8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

4X100 Relay * 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

1500m run: standard order finals 8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B (Groups may be combined)

4X200 Relay *8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

Distant Medley Relay: (400, 400, 800, 1600) *11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

100 dash *Finals

4X400 Relay *8 & under B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18 G, 17-18B

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