

# Battle of the Relays



## 2018 North Omaha Bengals Relay Invitational

Northwest High School  
(8204 Crown Point Ave Omaha NE 68134)

**Date & Time: June 23rd, 2018- (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 August 3)
- 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 2008 or 2009
- 8 & Under Boys/Girls – born in 2010 or later

**Admission:** Adults--\$4.00, kids 6-12 - \$2.00, 5 & under free. Competitors must have a 2018 USATF card to participate. This will serve as their entrance pass. In addition, "coach" USATF cards will be honoured.

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

**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 20<sup>th</sup>

\$5.00/event for all field events unless a team then \$10 Team Manager by Wednesday June 20<sup>th</sup>

\$32.00 per event if received by email or mail from Wed. June 20<sup>nd</sup> – Friday, June 22<sup>nd</sup>  
Please email all Team Manager Files to [Meshahmarks@gmail.com](mailto:Meshahmarks@gmail.com), by Wednesday June 20<sup>th</sup>

**THERE WILL NOT BE ANY ONSITE ENTRIES ACCEPTED. ALL ENTRIES MUST BE IN BY FRIDAY June 22<sup>nd</sup>**

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and ribbons for 4<sup>th</sup> through 6<sup>th</sup> 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, G, 8 & under B, 9-10G, 9-10B

**Javelin:** 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

On the field west of Stadium by Soccer field)

## **SCHEDULE OF RUNNING 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

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**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

Events are scored for every race: 1<sup>st</sup> 10pt, 2<sup>nd</sup> 8pt, 3<sup>rd</sup> 6pt, 4<sup>th</sup> 4pt, 5<sup>th</sup> 2pt, 6<sup>th</sup> 1pt

Winner get 1<sup>st</sup> place Plaque

Runners UP smaller Plaque

Contact: Meshah Marks 402-590-9613 [meshahmarks@gmail.com](mailto:meshahmarks@gmail.com) /Reshial Marks 402-612-9834 [fabray40@cox.net](mailto:fabray40@cox.net)/