



**2018 USATF NEBRASKA ASSOCIATION/
MIDWEST YOUTH CHAMPIONSHIPS
OMAHA BENSON HIGH SCHOOL
5120 MAPLE, OMAHA, NE 68104**

HOSTING CLUB: MIDWEST STRIDERS TRACK CLUB
MEET DATE: SATURDAY, JUNE 2, 2018 (NO RAIN DATE)
MEET DIRECTOR: TammyRa' Jackson
SANCTION: USATF SANCTIONED
START TIME: Track & Field Events 8:00AM (Gates open at 7:00AM)
TRACK FACILITY: 8-lane, 400-meter, all weather latex
ADMISSION: Adults -\$5.00 Ages 5-12 -\$3.00 Under 5 -FREE

ALL ATHLETES MUST HAVE A CURRENT USATF MEMBERSHIP

AGE DIVISIONS:

AGE DIVISION	YEAR OF BIRTH
8 & UNDER	2010+
9-10	2008-2009
11-12	2006-2007
13-14	2004-2005
15-16	2002-2003
17-18	2000-2001

PROOF OF AGE: All participating athletes must be prepared to show PROOF OF AGE upon request. Age is determined by the age athlete will be on December 31, 2018.

USATF cards WILL BE SOLD at the meet from 7:30-8:00AM

ENTRIES: All TEAMS please send "TEAM MANAGER" entries & SEED TIMES (100, 200, 400, 800, Hurdles) to the following email: tfentries@wayzataresults.com

Individual entries may be mailed to: **TammyRa' Jackson, Midwest Striders TC**
10473 Spaulding St,
Omaha, Ne 68134

Contact TammyRa' if you have questions @ 402.312.7380 or trjtalented1@gmail.com

MAKE CHECKS PAYABLE TO: MIDWEST STRIDERS

NO ENTRIES OR CHANGES will be accepted on Friday, June 2. These athletes will need to enter/change and pay at Late Registration on Saturday, June 2 (7:15 a.m. - 7:45 a.m.).

ENTRY FEES: \$5.00 PER EVENT for entries received by **Tuesday, MAY 29**
\$5.00 PER EVENT for TEAM MANAGER by **Wednesday MAY 30**
\$8.00 PER EVENT for **LATE** entries received **Wednesday, MAY 30-Thursday, MAY 31**
\$12.00 PER EVENT/CHANGE FOR DAY OF MEET ENTRIES

ALL ENTRY FEES ARE NON-REFUNDABLE AND MUST BE PAID IN FULL PRIOR to competing on the day of the meet.

ENTRY RESTRICTIONS:

8 & UNDER, 9-10 & 11-12: Three (3) event max **13-14, 15-16 & 17-18:** Four (4) event max **Relays count as one (1) event**

AWARDS: Medals to the top three (3) places and ribbons to places four (4)-six (6)

RESULTS: Will be posted at following location:
 NE USATF website: <http://www.nebraskausatf.org>

PROTESTS: ALL FORMAL PROTESTS MUST BE FILED IN WRITING WITHIN THIRTY (30) MINUTES OF THE INCIDENT BY THE CLUB COACH ACCOMPANIED BY A \$10.00 PROTEST FEE. PROTEST FEE IS REFUNDABLE ONLY IF PROTEST IS DEEMED CORRECT.

CONCESSIONS: Concessions will be available

EVENTS OFFERED BY AGE DIVISION

	100	200	400	800	1500	3000	100H	110H	400H	4x1	4x4	4x8	1500 FW	3000 FW	LJ	TJ	HJ	SP	DIS	JAV
B & UNDER	X	X	X	X	X					X	X				X			X		X
AGE 9-10	X	X	X	X	X					X	X		X		X		X	X		X
AGE 11-12	X	X	X	X	X	X	80H			X	X	X	X		X		X	X	X	X
AGE 13-14	X	X	X	X	X	X	X	200H		X	X	X		X	X	X	X	X	X	X
AGE 15-16	X	X	X	X	X	X	G	B	X	X	X	X		X	X	X	X	X	X	X
AGE 17-18	X	X	X	X	X	G	G	B	X	X	X	X		X	X	X	X	X	X	X

PLEASE NOTE: Events may be combined

All track and field events are subject to change and will run ahead of schedule whenever possible. Please take note of the public address (PA) announcements for any changes.

Standard Order of Running Events: 8 & under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 YW/YM

SCHEDULE OF EVENTS

TRACK EVENTS:

9:00 AM	RACEWALK (1500M, 3000M)	FINALS
	3000 RUN (11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B)	FINALS
	80M HURDLES (11-12 G/B)	FINALS AGAINST TIME
	100MH/110MH (13-14 G/B, 15-16 & 17-18 G, 15-16 & 17-18 B)	FINALS AGAINST TIME
	100M DASH*	TOP 8 ADVANCE
	400M DASH*	FINALS AGAINST TIME
	4X800 RELAY (11-18 G/B IN EACH AGE GROUP)	FINALS
	200M DASH*	FINALS AGAINST TIME
	800M RUN*	FINALS AGAINST TIME
	100M DASH*	FINALS
	200M/400M HURDLES (13-14G/B, 15-16G, 17-18G, 15-16B, 17-18B)	FINALS AGAINST TIME
	1500M RUN*	FINALS
	4X100M RELAY*	FINALS
	4X400M RELAY*	FINALS

* Indicates Standard Order

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

In the 8 & Under and 9-10 field events, the athletes will get 4 trials and NO FINALS

8:30 AM

LONG JUMP

(EAST PIT) BOYS- 8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18 TRIPLE JUMP 13-14, 15-16, 17-18
(WEST PIT) GIRLS-8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18 TRIPLE JUMP 13-14, 15-16, 17-18

HIGH JUMP (SOUTH END)

17-18/15-16G, 13-14G, 17-18/15-16B, 13-14B, 11-12G, 11-12B, 9-10G, 9-10B

JAVELIN* (Outside Field)

15-16G, 17-18G, 15-16B, 17-18B, 8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B

SHOT PUT* (Outside Field)

8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

DISCUS* (Outside Field)

11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

*Indicates Location is west of the STADIUM