



2018 WINGS OF OMAHA INVITATIONAL

Site: Northwest High School

Saturday

Date & Time: May 5, 2018 (8:30am start)

Sanction: Nebraska Association USATF

Track Surface: 1/8" spikes only.

Age Divisions: 8 & Under (born 2010 +), 9 & 10 Years Old (2008-2009), 11 & 12 Years Old (2006-2007), 13 & 14 Years Old (2004-2005), 15 & 16 Years Old (2002-2003), 17 & 18 Years Old (2000-4221) Athletes born in 1999 are also eligible if they turn 19 on or after July 30.

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 honored.

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

Refreshments: Standard concession items will be sold.

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

Entry Fees: \$5.00 per event if received by fax, email or mail on or by Tuesday May 1st
\$5.00/event for all Team Manager by Wednesday May 5th
\$8.00 per event if received by email or mail from Wed. May 2nd – Friday, May 4th

There will also be a **\$12.00 fee the day of the meet for each event change.** **Partial entries.** All entry fees are non-refundable. Individual entries **will not be accepted without payment.**

Mail to Tony Welchen at 6915 N 118th Circle, Omaha, NE 68142,

E-mail; welchen@cox.net

Be sure to include phone number, date of birth, and whether boy or girl! Please make check payable to Wings of Omaha Track Club.

Awards: Medal for 1st, 2nd and 3rd places and ribbons for 4th through 6th place

For further information, contact meets director Tony Welchen, 402-598-4962 or welchen@cox.net

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: 8:30a.m

(All field events except High Jump, 3 attempts/athlete-top 8 advances to the final)

Sub-Bantam field events only, will only have 4 attempts and no finals

Long Jump pit #1: Boys 35"/36."37"6"38."39"/3: , : "("Wpf gt. "; /32."33/34 Triple Jump pit #1:Boys 13 - 14, 15 – 16, 17 - 18

Long Jump pit #2: Girls 35"/36."37"6"38."39"/3: .": "("Wpf gt. "; /32."33/34 Triple Jump pit #2:Girls 13 - 14, 15 – 16, 17 - 18

(Triple jump will be held after the long jump finals are completed)

High Jump: 17-18, 15-16, 13-14, 11-12 and 9-10 Girls first then Boys

High School competitors in the throwing events will be exhibition throwing only, sign up for the High School group will be at event location.

Shot Put - Boys & Girls - 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

Mini Javelin will begin after the Javelin event is completed

Javelin Throw - Girls/Boys - 17-18, 15-16, 13-14 Girls first then Boys

Mini Javelin - Girls/Boys - 8 & Under, 9-10, 11-12

Discus - Girls followed by Boys - 13-14, 15-16, 17-18, 11-12

SCHEDULE OF RUNNING EVENTS:

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

“Standard order” will be: 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18 Girls first then Boys

8:30 a.m. 3000m run: 11-12, 13-14, 15-16 and 17-18 Girls first then Boys *finals*
(Groups may be combined)

80m hurdles: 11-12 *finals by time comparison*

100m/110m hurdles: 13-14, 15-16 and 17-18 Girls first then Boys. *finals by time comparison*

100m dash: standard order *qualifying* (TOP 8 ADVANCE)

400m dash: standard order *finals by time comparison*

200m dash: standard order *finals by time comparison*

800m run: standard order *finals*

100m dash: standard order *finals*

200m hurdles: 13-14, 15-16 and 17-18 Girls first then Boys. *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)