



Apollo Track Club Invitational
North High School • Omaha, Nebraska
Saturday, May 25, 2019

Throwing events: 8:00 a.m. @ Benson High School
All other field events and all track events: 8:30 a.m.



Age Divisions:

- 8 & Under Boys/Girls – born in 2011 or later
- 9-10 Boys/Girls – born in 2009 or 2010
- 11-12 Boys/Girls – born in 2007 or 2008
- 13-14 Boys/Girls – born in 2005 or 2006
- 15-16 Boys/Girls – born in 2003 or 2004
- 17-18 Boys/Girls – born in 2001 or 2002
(or in 2000 on/after July 29)

Number of Events:

- 8 & Under, 9-10, and 11-12 age divisions may enter up to three (3) events
- 13-14, 15-16, and 17-18 age divisions may enter up to four (4) events

Relays count as one event.

Entry Fees:

- \$5/event and \$20/relay received by phone, e-mail, or mail by Tuesday, May 21
- \$5/event and \$20/relay received by Team Manager file by Wednesday, May 22, 11:59 p.m.
(send Team Manager file to Darwin Gushard at nebraskausatf@yahoo.com)
- \$8/event and \$32/relay received by phone, e-mail, or mail between Wednesday, May 22 and Friday, May 24
- \$12/event and \$48/relay for any day-of-meet entries (day-of-meet entries close at 10:00 a.m.)
There will also be a \$12/event fee for each day-of-meet event change.

An individual entry form can be downloaded here:

http://www.nebraskausatf.org/individual_entry_form.htm

Fill out entry form completely and include payment payable to “Shunta Paul/Apollo Track Club”.

Mail entry form and payment to: Shunta Paul, PO Box 111000, Omaha NE 68111.

Individual entries will not be accepted without payment. All entry fees are non-refundable.

Gate Admission – \$4 for adults (13 & over), \$2 for children (6-12), 5 & under free.

Awards – Medals for 1st, 2nd, and 3rd place. Ribbons for 4th, 5th, and 6th place.

Concessions – Concessions will be available both downstairs and upstairs.

For further information, contact meet director Shunta Paul at
shunta.paul@gmail.com or (402) 612-8982.

SCHEDULE OF FIELD EVENTS

Competitors must stay alert to announcements over the P.A. system!
Announcements of any day-of-meet changes take precedence over the printed schedule.
Age divisions may be combined based on number of entries.

Field event notes:

- All field events (except high jump) will have three (3) preliminary attempts per athlete, with the top eight (8) advancing to the finals for three (3) additional attempts.
- All throwing events will be at Benson High School, located northeast of 52nd & Maple Streets.

8:00 a.m. Field Events

Shot Put (@ Benson) – 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys

Discus Throw (@ Benson) – 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys

Javelin/Mini-javelin Throw (@ Benson) – 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys, 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys

8:30 a.m. Field Events

High Jump – 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys

Long Jump

- Pit #1: 8 & Under Boys, 9-10 Boys, 11-12 Boys, 13-14 Boys, 15-16 Boys, 17-18 Boys
- Pit #2: 8 & Under Girls, 9-10 Girls, 11-12 Girls, 13-14 Girls, 15-16 Girls, 17-18 Girls

Triple Jump (held after the long jump finals are completed)

- Pit #1: 13-14 Boys, 15-16 Boys, 17-18 Boys
- Pit #2: 13-14 Girls, 15-16 Girls, 17-18 Girls



SCHEDULE OF TRACK EVENTS

Start time: 8:30 a.m.

Competitors must stay alert to announcements over the P.A. system!
Announcements of any day-of-meet changes take precedence over the printed schedule.

“Standard order” is: 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls,
11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 15-16 Boys, 17-18 Girls, 17-18 Boys.

Age divisions may be combined based on number of entries.

3000 Meter Run – finals by time comparison

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

80 Meter Hurdles – finals by time comparison

11-12 Girls (30”), 11-12 Boys (30”)

100 Meter Hurdles – finals by time comparison

13-14 Girls (30”), 13-14 Boys (33”), 15-16 Girls (33”), 17-18 Girls (33”)

110 Meter Hurdles – finals by time comparison

15-16 Boys (39”), 17-18 Boys (39”)

***100 Meter Dash** – preliminaries, with top eight (8) in each age division advancing to finals

***400 Meter Dash** – finals by time comparison

4x800 Meter Relay – finals by time comparison

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

Break

***200 Meter Dash** – finals by time comparison

***800 Meter Run** – finals by time comparison

***100 Meter Dash** – finals

200 Meter Hurdles – finals by time comparison

13-14 Girls (30”), 13-14 Boys (30”)

400 Meter Hurdles – finals by time comparison

15-16 Girls (30”), 17-18 Girls (30”), 15-16 Boys (36”), 17-18 Boys (36”)

***1500 Meter Run** – finals by time comparison

***4x100 Meter Relay** – finals by time comparison

***4x400 Meter Relay** – finals by time comparison

*Standard order

For further information, contact meet director Shunta Paul at:

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