2019 North Omaha Bengals Track Club Invitational

Northwest High School – 8204 Crown Point Avenue, Omaha

Date & Time: Saturday, June 15th, 2019, 8:00 a.m. (Gates open at 7:00 a.m.)
Sanction: Nebraska Association USATF

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

Number of Events:
Athletes in the 8 & Under, 9-10, and 11-12 age groups may compete in up to three (3) events.
Athletes in the 13-14, 15-16, and 17-18 age groups may compete in up to four (4) events.

Entry Fees:
$5 per event for all non-Team Manager entries received by Tuesday, June 11th, 11 p.m.
$5 per event for all Team Manager entries received by Wednesday, June 12th, 11 p.m.
$12 per event for any entries received on Thursday, June 13 or Friday, June 14th.
Please e-mail all Team Manager entry files to Darwin Gushard at nebraskausatf@yahoo.com.
All other entries can be sent to Meshah Marks at meshahmarks@gmail.com or 8726 Wyoming St, Omaha NE 68122.

Awards: Medals for 1st, 2nd, and 3rd place and ribbons for 4th, 5th, and 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 awards the day of the meet.

Admission: Adults $4, kids 6-12 $2, 5 & under free. Competitors must have a 2019 USATF card to participate. This will also serve as their entrance pass. In addition, "coach" USATF cards will be honored. Athlete's USATF cards can be purchased for $20 on the Nebraska Association website at www.nebraskausatf.org.

Refreshments: Standard concession items will be sold.

For more information, contact:
Meshah Marks, 402-590-9613, meshahmarks@gmail.com
Reshial Marks, 402-612-9834, fabray40@cox.net

SCHEDULE OF FIELD EVENTS – Starting time 8:00 a.m.

Some age groups may be combined depending on the number of entries.
Competitors must stay alert to announcements over the P.A. system!

Long jump
(West pit) 8&underB, 9-10B, 11-12B, 13-14B, 15-16B, 17-18B
(East pit) 8&underG, 9-10G, 11-12G, 13-14G, 15-16G, 17-18G

Triple jump *(begins after long jump)*
(West pit) 13-14B, 15-16B, 17-18B
(East pit) 13-14G, 15-16B, 17-18B

High jump (south end) 17-18B, 17-18G, 15-16B, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G, 9-10B, 9-10G

Pole vault (south end) 13-14G/15-16G/17-18G, 13-14B/15-16B/17-18B

Shot put (west field) 8&underG, 8&underB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

Discus (west field) 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

Javelin (west field) 15-16G, 17-18G, 15-16B, 17-18B, 8&underG, 8&underB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B

SCHEDULE OF TRACK EVENTS – Starting time 8:30 a.m.

"Standard order" is: 8&underG, 8&underB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Some age groups may be combined depending on the number of entries.
Competitors must stay alert to announcements over the P.A. system!

3000m Run: 11-12, 13-14, 15-16, 17-18 Finals (Groups may be combined)

80M Hurdle: 11-12 Finals by Time Comparison

100m/110 Hurdles: 13-14, 15-16, 17-18 Finals by Time Comparison

100M Dash: Standard Order Top 8 Advance to Finals

400M Dash Standard Order Finals by Time Comparison

4X800 Relay Standard Order Finals by Time Comparison (Groups May Be Combined)

Coaches 4X100m Relay / BREAK

200m Dash: Standard Order Finals by Time Comparison

800m Run: Standard Order Finals

100 dash *Finals

200m/400m Hurdles: 13-14, 15-16, 17-18 Finals by Time Comparison

1500m Run Standard Order Finals

4X100m Relay: Finals by Time Comparison (Groups May Be Combined)

4X400m Relay: Finals by Time Comparison (Groups May Be Combined)

For more information, contact:
Meshah Marks, 402-590-9613, meshahmarks@gmail.com
Reshial Marks, 402-612-9834, fabray40@cox.net