



**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](mailto:nebraskausatf@yahoo.com).  
All other entries can be sent to Meshah Marks at [meshahmarks@gmail.com](mailto: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](http://www.nebraskausatf.org).

**Refreshments:** Standard concession items will be sold.

For more information, 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)

## **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, 15-16G, 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

**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)

**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](mailto:meshahmarks@gmail.com)

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