

2019 FTC TRACK & FIELD MEET
Thursday, May 30th – FREMONT HIGH TRACK – 1750 N. Lincoln

LIST OF EVENTS/SIGN UP SHEET

Field Events Start @ 4:00 pm/Track Events Start @ 4:45 pm

ENTRY DEADLINE & FEES: All entries up until Monday, May 27 are \$4.00/event

Entries received Tuesday-Wednesday (May 28-29) are \$8.00/event

No entries or changes will be accepted after 6pm on Wednesday or on the day of the competition

*Age Divisions (are based on birth year and not the actual athlete's age at the time):

7-8	born in 2011 or 2012	Maximum of 3 events
9-10	born in 2009 or 2010	Maximum of 3 events
11-12	born in 2007 or 2008	Maximum of 3 events
13-14	born in 2005 or 2006	Maximum of 4 events
15-16	born in 2003 or 2004	Maximum of 4 events
17-18	born in 2001 or 2002	Maximum of 4 events

FIELD EVENTS:

Long Jump (all divisions),
Shot Put (9-10, 11-12, 13-14, 15-16, 17-18),
High Jump (9-10, 11-12, 13-14, 15-16, 17-18),
Discus (11-12, 13-14, 15-16, 17-18),
Pole Vault (13-14, 15-16, 17-18)

RUNNING EVENTS:

100, 200, 400, 800, 1500 (all divisions)
4x100 Relay, 4x400 Relay (all divisions)
80 meter hurdles (11-12 girls and boys)
100 meter hurdles (13-14 girls, 15-16 girls, 17-18 girls, and 13-14 boys)
110 meter hurdles (15-16 boys and 17-18 boys)

NAME: _____ Gender: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

USATF CLUB NAME or (UNATTACHED) _____

USATF Membership Card Number: _____

*AGE DIVISION: _____ BIRTH DATE: _____

Email: _____

(please leave an email address that we can send a confirmation email to once your entry has been processed)

EVENTS - if entering a relay (please include the other 3 names on your relay team)

1) _____

2) _____

3) _____

4) _____ 4th event only allowed in 13 and older divisions

Mail form to Sean McMahon, 2228 Teakwood Dr., Fremont NE 68025, or for information email: sean.mcmahon@fpsmail.org

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Thursday, May 30th

SCHEDULE OF EVENTS

FIELD EVENTS – 4:00 pm.

Please note that some age groups with fewer competitors may be combined into one flight at individual field event areas.

Long Jump – *pit location of each age group is subject to change based on entry numbers*

West Pit – girls and boys (7-8)

Center Pit – girls and boys (9-10, 11-12)

East Pit – girls and boys (13-14, 15-16, and 17-18)

High Jump - North Pit – All eligible age groups (9 and over)

Shot Put – *North Ring* – All age groups

One ring will be used. Age groups will follow in standard order and could be combined.

Discus – will follow Shot Put in the same order (11 and over)

Pole Vault – Girls and boys – All eligible age groups will be combined (13 and over)

RUNNING EVENTS - Will be run in standard order of increasing age by age groups.
Age groups may be combined

4:45 pm

1500 Meter Run

80-110m hurdles

100 Meter Dash

400 Meter Dash

4 x 100 Meter Relay (if any relays are entered, they will be combined into 1 heat)

200 Meter Dash

800 Meter Run

4 x 400 Meter Relay (if any relays are entered, they will be combined into 1 heat)