



Raymond Central High School Track (1800 W. Agnew Rd Raymond NE 68428):
Sunday, May 19st, 2019

Track Surface: 1/8" spikes only.

Age Divisions:

8 & Under (born 2011+) (3 events only individually or 2 individual events + 1 relay)
9 & 10 Years Old (2009-2010) (3 events only individually or 2 individual events + 1 relay)
11 & 12 Years Old (2007-2008), (3 events only individually or 2 individual events + 1 relay)
13 & 14 Years Old (2005-2006), 4 events (any combination of relay and individual events)
15 & 16 Years Old (2003-2004), 4 events (any combination of relay and individual events)
17 & 18 Years Old (2001-2002) 4 events (any combination of relay and individual events)
Competition age is your child's age on December 31st of 2018!!

Admission: Adults: FREE We will be doing a 50/50 raffle. Must be present to win and we will announce the winner after 200m.

“COACH” USATF cards will be honored.

Athlete's USATF cards MAY be purchased at www.usatf.org

Refreshments: Standard concession items will be sold.

Entry Fees: \$5.00 per event if you use the link May 17th by midnight or if received by email or mail on or by Wednesday, May 16th.

To register and pay online use this entry link:

<https://www.vbmeets.com/30019>

\$12.00 per entry the day of the meet.

There will also be a \$12.00 fee the day of the meet for each event change.

Meet day entries close at 10.00 a.m. All entry fees are non-refundable. Individual entries will not be accepted without payment.

Mail (or email – mail payment) paper entries Tasha Osten 532 Lindell Ave Seward, NE 68434 or tasha@lctrackclub.org.

Checks/Money Orders made payable to Lincoln Community Track Club.

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

What if I have questions?

E mail tasha@lctrackclub.com or Call Tasha at 402-641-3241

SCHEDULE of EVENTS

FIELD EVENTS START TIME: 11:00 A.M.

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

8 & under field events only, 4 attempts with no finals Age groups may be combined based on numbers. Each division will still have winners.

LONG JUMP pit #1: Boys 8 & Under, 11-12, 13-14, 15-16, 17-18 Followed by TRIPLE JUMP:
13 - 14, 15 - 16, 17 - 18

LONG JUMP pit #2: Girls 8 & Under, 11-12, 13-14, 15-16, 17-18 Followed by TRIPLE JUMP:
13 - 14, 15 - 16, 17 - 18

LONG JUMP pit #3: Boys 9-10

LONG JUMP pit #4: Girls 9-10

HIGH JUMP: 17-18, 15-16, 13-14, 11-12 and 9-10 All girls will compete then boys, age groups may be combined based on numbers.

SHOT PUT - 11-12, 13-14, 15-16, 17-18, 8 & Under, 9-10, ALL Boys followed by All Girls (age groups may be combined)

DISCUS 17-18, 15-16, 13-14, 11-12 All Girls followed by ALL Boys (age groups may be combined)

JAVELIN THROW (following DISCUS) (competition to be held on the football field)- 17-18, 15-16, 13-14, 11-12 (Aero JAV) ALL Girls first then ALL Boys (age groups may be combined)

MINI JAVELIN will begin after the Javelin event is completed.

Girls/Boys - 8 & Under, 9-10

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 followed by Boys

RUNNING EVENTS 1:00 PM START TIME (races will be fully automated timed (FAT))

3000m run: 11-12, 13-14, 15-16 and 17-18 Girls followed by Boys finals AGE GROUPS MAY BE COMBINED

80m hurdles: 11-12 finals by time comparison

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

400m hurdles 15-16 and 17-18 Girls first then Boys. finals by time comparison

50/50 Raffle Announcement

1500m run: standard order finals (Groups may be combined)

4X100m relay: standard order finals by time comparison AGE GROUPS MAY BE COMBINED

4X400m relay: standard order finals by time comparison AGE GROUPS MAY BE COMBINED

PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Event Name: LCTC **Invitational**

Event Location: **Raymond Central High School** Event Date(s): **May 19th, 2019**

Sanction #: 19-29-028

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of my children, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement"); 1. 2. 3. 4. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) My child is in good health and in proper physical condition to participate in the Event; and (iii) My Child is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair their ability to safely participate in the Event.

I agree that it is my sole responsibility to determine whether they are sufficiently fit and healthy enough to participate in the Event, that I am responsible for their own safety and well being at all times and under all circumstances while at the Event site. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits.

I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").

I understand that these Risks may be caused in whole or in part by my child's actions or inactions, the actions or inactions of others participating in the Event, or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which my child incurs as a result of their participation in any Event.

I agree to ensure they be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants.

I accept sole responsibility for my child 's conduct and actions while participating in the Event, and the condition and adequacy of their personal equipment. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part of the Released Parties.

I further agree that if despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim. I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my child's complete acceptance of the terms, conditions, and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason is unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

By Registering for this event you are agreeing to all terms listed in this waiver.

Revised 3/29/2019

LCTC TRACK & FIELD ENTRY FORM

INDIVIDUAL ENTRY FORM FOR YOUTH MEET

LAST NAME _____

FIRST NAME _____

GIRL _____ or BOY _____

FULL DATE OF BIRTH _____ / _____ / _____

CLUB NAME _____ or UNATTACHED _____

ATHLETE'S HOME ADDRESS _____

ATHLETE'S CITY, STATE, ZIP _____

EVENT #1 _____ Seed Time/Mark _____

EVENT #2 _____ Seed Time/Mark _____

EVENT #3 _____ Seed Time/Mark _____

(13-14, 15-16, and 17-18 only)

EVENT #4 _____ Seed Time/Mark _____

NAME OF PERSON SUBMITTING ENTRY FORM

E-MAIL ADDRESS _____

PHONE _____

PAYMENT MUST BE SENT WITH FORM OR ENTRY WILL NOT BE PROCESSED. NO EXCEPTIONS! Checks payable to LCTC.