



**2019 NEBRASKA YOUTH ATHLETIC CHAMPIONSHIPS  
 OMAHA BENSON HIGH SCHOOL  
 5120 MAPLE, OMAHA, NE 68104**

**HOSTING CLUB:** MIDWEST STRIDERS TRACK CLUB  
**MEET DATE:** SATURDAY, JUNE 1, 2019 (NO RAIN DATE)  
**MEET DIRECTOR:** TammyRa' Jackson  
**SANCTION:** USATF SANCTIONED  
**START TIME:** Field Events 8:00 am / Track Events- 9:00 am  
 (Gates open at 7:00 am)  
**TRACK FACILITY:** 8-lane, 400-meter, all weather latex  
**CONCESSIONS:** Concessions will be available  
**ADMISSION:** Adults -\$5.00 Ages 5-12 -\$3.00 Under 5 –FREE

**USATF MEMBERSHIP CARDS will be honored for ADMISSION for ADULTS who show matching identification.  
 ALL ATHLETES MUST HAVE A CURRENT USATF MEMBERSHIP  
 USATF cards WILL BE SOLD at the meet from 7:30-8:00 am.**

**AGE DIVISIONS:**

<b>AGE:</b>	<b>YEAR OF BIRTH:</b>
8 & under	2011+
9-10	2009-2010
11-12	2007-2008
13-14	2005-2006
15-16	2003-2004
17-18	2001-2002

**PROOF OF AGE:**

All participating athletes must be prepared to show PROOF OF AGE upon request.  
 Age is determined by the age athlete will be on December 31, 2019.

**TENTS WILL NOT BE ALLOWED IN THE TRACK AREA.**

**ENTRIES:**

ALL ENTRIES ARE ONLINE @ <https://www.athletic.net/TrackAndField/meet/381429/info>

ENTRIES OPEN May 3, 2019 and CLOSE May 30, 2019 @ 8PM

**ENTRY FEES: \$5.00 PER EVENT**

**\$8.00 PER EVENT for LATE entries received Thursday, MAY 30**

**\$12.00 PER EVENT/CHANGE FOR DAY OF MEET ENTRIES**

**ALL ENTRY FEES ARE NON-REFUNDABLE AND MUST BE PAID IN FULL PRIOR TO COMPETING!**

**ENTRY RESTRICTIONS:**

**8 & UNDER, 9-10 & 11-12:** Three (3) event max **13-14, 15-16 & 17-18:** Four (4) event max. **Relays count as one (1) event**

**AWARDS:** Medals to the top three (3) places and ribbons to places four (4)-six (6)

**RESULTS:** Will be posted at:  
[Wayzataresults.com](http://Wayzataresults.com)  
 NE USATF website: <http://www.nebraskausatf.org>

**PROTESTS:** ALL FORMAL PROTESTS MUST BE FILED IN WRITING WITHIN THIRTY (30) MINUTES OF THE INCIDENT BY THE CLUB COACH ACCOMPANIED BY A \$20.00 PROTEST FEE. PROTEST FEE IS REFUNDABLE ONLY IF PROTEST IS DEEMED CORRECT.

**EVENTS OFFERED BY AGE DIVISION**

	100	200	400	800	1500	3000	100H	110H	400H	4x1	4x4	4x8	1500 FW	3000 FW	LJ	TJ	HJ	SP	DIS	JAV
B & UNDER	X	X	X	X	X					X	X				X			X		X
AGE 9-10	X	X	X	X	X					X	X		X		X		X	X		X
AGE 11-12	X	X	X	X	X	X	80H			X	X	X	X		X		X	X	X	X
AGE 13-14	X	X	X	X	X	X	X	200H		X	X	X		X	X	X	X	X	X	X
AGE 15-16	X	X	X	X	X	X	G	B	X	X	X	X		X	X	X	X	X	X	X
AGE 17-18	X	X	X	X	X	G	G	B	X	X	X	X		X	X	X	X	X	X	X

PLEASE NOTE: Events may be combined

All track and field events are subject to change and will run ahead of schedule whenever possible. Please take note of the public address (PA) announcements for any changes.

Standard Order of Running Events: 8 & under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 YW/YM

**COACHES / PARENTS ARE NOT ALLOWED ON THE TRACK.**

## SCHEDULE OF EVENTS (Rolling Schedule)

### TRACK EVENTS:

<b>9:00 am</b>	<b>RACEWALK (1500M, 3000M)</b> <b>3000 RUN (11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B)</b> <b>80M HURDLES (11-12 G/B)</b> <b>100MH/110MH (13-14 G/B, 15-16 &amp; 17-18 G, 15-16 &amp; 17-18 B)</b> <b>100M DASH*</b> <b>400M DASH*</b> <b>4X800 RELAY (11-18 G/B IN EACH AGE GROUP)</b> <b>200M DASH*</b> <b>800M RUN*</b> <b>100M DASH*</b> <b>200M/400M HURDLES (13-14G/B, 15-16G, 17-18G, 15-16B, 17-18B)</b> <b>1500M RUN*</b> <b>4X100M RELAY*</b> <b>4X400M RELAY*</b>	<b>FINALS</b> <b>FINALS</b> <b>FINALS AGAINST TIME</b> <b>FINALS AGAINST TIME</b> <b>TOP 8 ADVANCE</b> <b>FINALS AGAINST TIME</b> <b>FINALS</b> <b>FINALS AGAINST TIME</b> <b>FINALS AGAINST TIME</b> <b>FINALS</b> <b>FINALS AGAINST TIME</b> <b>FINALS</b> <b>FINALS</b> <b>FINALS</b> <b>FINALS</b>
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\* Indicates Standard Order

### FIELD EVENTS:

**8:00 am**

#### **LONG JUMP**

(EAST PIT) BOYS - 8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18      TRIPLE JUMP 13-14, 15-16, 17-18  
(WEST PIT) GIRLS - 8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18      TRIPLE JUMP 13-14, 15-16, 17-18

#### **HIGH JUMP (South End)**

17-18/15-16G, 13-14G, 17-18/15-16B, 13-14B, 11-12G, 11-12B, 9-10G, 9-10B

#### **JAVELIN\* (Outside Field)**

15-16G, 17-18G, 15-16B, 17-18B, 8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B

#### **SHOT PUT\* (Outside Field)**

8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

#### **DISCUS\* (Outside Field)**

11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

\*Indicates location is west of the stadium

**In the 8 & Under and 9-10 field events, the athletes will get 4 trials and NO FINALS**

**Announcements of any changes the day of the meet take precedence over the printed schedule.**