



7th Annual Peak Performance Track Club Invite
Bryan High School – 4700 Giles Rd – Omaha, NE

Date & Time: Saturday, June 8, 2019

Gates open at 7am

Track Surface: 1/8' spikes only

Age Divisions: 8 & under (born 2011 +) 9-10 (2009-10) 11-12 (2007-08) 13-14 (2005-06) 15-16 (2003-04) 17-18* (2001-02) *Athletes born in 2000 are eligible to compete if they turn 19 on or before July 30th.

Admission: Adults \$4.00; children 6-12 \$2.00; 5 & under free. Competitors **MUST** have a 2019 USATF membership to participate. This will also serve as their entrance pass. Coach/Parent/Fan USATF cards will also be honored. USATF memberships can be purchased at: www.nebraskausatf.org

Refreshments: Standard concessions items will be sold

Number of events: 12 & Under 3 events maximum; 13 & older 4 events maximum. Relays count as one event.

Entry Fees: \$5.00/event if received by email or mail on or before Tuesday June 4th

\$5.00/event for Team Manager entries received by Wednesday, June 5th

\$8.00/events for entries received after June 5th

\$12.00 for Friday registrations. **NO DAY OF MEET ENTRIES.** Entry fees are non-refundable. Individual entries. Individual entries **will not be accepted without payment.**

Mail entries to: Joyce Grigsby – 2016 Ohio St, Omaha NE – 68110

Email: pptfc1@gmail.com

Individual entries: Please include Athlete(s) name, date of birth, gender, phone number and event(s) they wish to compete in.

Awards: Medals 1st – 3rd places; ribbons 4th – 6th places

Make checks payable to: **Peak Performance Track Club**

For further information, please contact Meet Director, Joyce Grigsby, 402-305-8803 or pptfc1@gmail.com

SCHEDULE OF FIELD EVENTS:

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

Groups may be combined. Running events takes precedence over field events.

Starting time: **8:00 a.m.**

Long Jump pit #1: Boys 8 & UNDER, 9 -10, 11 - 12, 13 - 14, 15 – 16, 17 - 18

Triple Jump pit #1: 13 - 14, 15 – 16, 17 - 18

Long Jump pit #2: Girls 8 & UNDER, 9 -10, 11 - 12, 13 - 14, 15 – 16, 17 - 18

Triple Jump pit #2: 13 - 14, 15 – 16, 17 - 18

(Triple jump will be held after the long jump finals are completed)

High Jump: 17 – 18, 15 - 16, 13 - 14, 15 - 16, 13 - 14, 11 - 12, 9 -10

Shot Put – Shot: 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys

Discus – 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys

Javelin/Mini-Javelin – 15-16 Girls, 17-18 Girls, 15-16 Boys, 17-18 Boys, 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys

SCHEDULE OF TRACK EVENTS:

Competitors must stay alert to announcements over the P.A. system!

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

9:00 a.m. 3000m run: 11 - 12, 13 - 14, 15 - 16, 17 – 18 *finals*

(Groups may be combined)

80m hurdles: 11 - 12 *finals by time comparison*

100m/110m hurdles: 13 – 14, 15 - 16, 17 - 18 *finals by time comparison*

100m dash: standard order *qualifying* (TOP 8 ADVANCE)

400m dash: standard order *finals by time comparison*

Break (if possible)

4x800m relay standard order *finals by time comparison*

(Groups may be combined)

200m dash: standard order *finals by time comparison*

800m run: standard order *finals*

100m dash: standard order *finals*

200m hurdles/400m hurdles: 13 - 14, 15 - 16, 17 - 18 *finals by time comparison*

1500m run: standard order *finals*

(Groups may be combined)

4x100m relay: standard order *finals by time comparison*

(Groups may be combined)

4x400m relay: standard order *finals by time comparison*

(Groups may be combined)

Competitors must stay alert to announcements over the P.A. system!

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