



2019 USATF NEBRASKA ASSOCIATION JUNIOR OLYMPIC DEVELOPMENTAL MEET



Wahoo High School • 2201 North Locust St. • Wahoo, Nebraska
Sunday, June 9th, 2019 • Field events begin at 10:00 am
Running events will begin when Field event are complete approximately 12:00 pm

Meet Director: Amy Prohaska, contact: Amy at (402)-480-3482 or wahooyouthtrack@gmail.com

Entry fees \$5 per event per athlete. Relays \$20 (\$5 per athlete)

All entry fees are non-refundable.

NO SIGN UPS DAY OF MEET

ONLINE SIGN UP ONLY DEADLINE IS THURSDAY JUNE 6TH

To register and pay online use this entry link: <https://www.vbmeets.com/30041>

AWARDS: Medal for 1st, 2nd and 3rd place and Ribbons for 4th, 5th and 6th place.

PROTESTS: Must be made in writing to the Meet Director with a \$10 deposit within 15 minutes of the event.

RELAYS: Relay members must wear the same color shirt.

Competition age is your child's age on December 31st of 2019! (Must be 7 by December 31st 2019)

8 & Under (born 2011+) 3 individual events + 1 relay

9 & 10 Years Old (2009-2010) 4 events (any combination of relay and individual events

11 & 12 Years Old (2007-2008), 4 events (any combination of relay and individual events

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

Event (eligible age divisions)

- 100 Meter Dash (all age divisions)
- 200 Meter Dash (all age divisions)
- 400 Meter Dash (all age divisions)
- 800 Meter Run (all age divisions)
- 1500 Meter Run (all age divisions)
- 3000 Meter Run (9-10, 11-12, 13-14, 15-16)
- 4x100 Meter Relay (all age divisions)
- 4x400 Meter Relay (9-10, 11-12, 13-14, 15-16)

Event (eligible age divisions)

- Long Jump (all age divisions)
- High Jump (9-10, 11-12, 13-14, 15-16)
- Shot Put (8U, 9-10, 11-12, 13-14G 6# --- 13-14B, 15-16G 4k --- 15-16B 12#)
- Discus Throw (11-12, 13-14, 15-16G 1k --- 15-16B 1.6k)

Schedule of Events:

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

All field events except High Jump, 3 attempts per athlete Top 8 advance to the finals.

8 & Under field events only, 4 attempts with no finals

Age groups may be combined based on numbers but each division will have winner.

Field Events Start Time 10:00 AM

Long Jump: Pit #1: Girls 8 & Under , 9-10, 11-12, 13-14, 15-16

Long Jump: Pit #2: Boys 8 & Under, 9-10, 11-12, 13-14, 15-16

High Jump: Girls 11-12 **Boys** 11-12 **Girls** 13-14, 15-16 **Boys** 13-14, 15-16 **Girls** 9-10 **Boys** 9-10

Shot Put: Girls all divisions **Boys** all age divisions

Discus Throw: will follow completion of Shot Put **Girls** all divisions **Boys** all divisions

Running Events will start at approximately 12:00 PM after completion of field events

Standard order will be 8 & Under, 9-10, 11-12, 13-14, and 15-16. Girls followed by Boys.

Age groups may be combined based on numbers but each division will have winner.

3000m run: standard order finals (Groups may be combined)

100m dash Prelim: 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 (Groups may be combined)

100m dash Finals: standard order finals

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

4X100m relay: standard order finals (Groups may be combined)

4X400m relay: standard order finals (Groups may be combined)