



## 2019 WINGS OF OMAHA INVITATIONAL

**Site: Northwest High School**

**\*\*Saturday\*\***

Date & Time: May 4, 2019 (8:30am)

Sanction: Nebraska Association USATF

start) Track Surface: 1/8" spikes only.

Age Divisions: 8 & Under (born 2011 +), 9 & 10 Years Old (2009-2010), 11 & 12 Years Old (2007-2008), 13 & 14 Years Old (2005-2006), 15 & 16 Years Old (2003-2004), 17 & 18 Years Old (2001-4222) Athletes born in 2000 are also eligible if they turn 19 on or after July 30.

Admission: Adults--\$4.00, kids 6-12--\$2.00, 5 & under free. Competitors must have a 2019 USATF card to participate. This will serve as their entrance pass. In addition, "coach" USATF cards will be honored.

**Athlete's USATF cards can be purchased on the Nebraska Association website - [www.nebraskausatf.org](http://www.nebraskausatf.org).**

**Refreshments**: Standard concession items will be sold.

Number of Events: 12 & Under - 3 events, 13 & Older- 4 events. Relays count as one event.

Entry Fees: \$5.00 per event if received email or mail on or by Tuesday April 30th

\$5.00/event for all Team Manager by Wednesday May 1st

\$8.00 per event if received by email or mail after Wed. May 1st - Thursday May 2nd

There will also be a **\$12.00 fee Friday registrations. Pq'f c{ 'qhb ggventries**. All entry fees are non-refundable. Individual entries **will not be accepted without payment**.

Mail to Tony Welchen at 6915 N 118<sup>th</sup> Circle, Omaha, NE 68142,

E-mail; [welchen@cox.net](mailto:welchen@cox.net)

Be sure to include phone number, date of birth, and whether boy or girl! Please make check payable to Wings of Omaha Track Club.

Awards: Medal for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and ribbons for 4<sup>th</sup> through 6<sup>th</sup> place

For further information, contact meets director Tony Welchen, 402-598-4962 or [welchen@cox.net](mailto:welchen@cox.net)

SCHEDULE OF FIELD EVENTS:

***Announcements of any changes the day of the meet take precedence over the printed schedule. Groups may be combined.***

Starting time: 8:30a.m

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

Sub-Bantam field events only, will only have 4 attempts and no finals

**Long Jump pit #1:** Boys 35"/36."37"6"38."39"/3: , : "( "Wpf gt. "; /32."33/34 Triple Jump pit #1:Boys 13 - 14, 15 – 16, 17 - 18

**Long Jump pit #2:** Girls 35"/36."37"6"38."39"/3: .": "( "Wpf gt. "; /32."33/34 Triple Jump pit #2:Girls 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, 11-12 and 9-10 Girls first then Boys

High School competitors in the throwing events will be exhibition throwing only, sign up for the High School group will be at event location.

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

Mini Javelin will begin after the Javelin event is completed

Javelin Throw - Girls/Boys - 17-18, 15-16, 13-14 Girls first then Boys

Mini Javelin - Girls/Boys - 8 & Under, 9-10, 11-12

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

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 first then Boys

8:30 a.m. 3000m run: 11-12, 13-14, 15-16 and 17-18 Girls first then Boys *finals*  
(Groups may be combined)

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

100m/110m hurdles: 13-14, 15-16 and 17-18 Girls first then 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*

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

4X100m relay: standard order *finals by time comparison* (The 4x400m relay will not be contested.)  
(Groups may be combined)

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

Event Name: **Wings of Omaha Invitational**

Event Location: **Omaha Northwest High School** Event Date(s): **May 4<sup>th</sup>, 2019**

Sanction #: **19-29-029**

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.**