



West Omaha Track Club Invitational

Site: Millard South High school

Date: Saturday May 11, 2019

Sanction: Nebraska Association USATF

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 (2001-2002) 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.

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 May 7th

\$5.00/event for all Team Manager by Wednesday May 8th

\$8.00 per event if received by email or mail after Wed. May 8th - Thursday May 9th

\$12.00 fee for Friday registrations.

All entry fees are non-refundable. Individual entries **will not be accepted without payment.**

Mail to Jeff Cauble 5006 S 171st Circle

Omaha, NE 68135

E-mail Westomahatrackclub@yahoo.com

Be sure to include phone number, date of birth, and whether boy or girl

Please make check payable to West Omaha Track Club

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

For further information, contact meets director Jeff Cauble at westomahatrackclub@yahoo.com

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: 8:00 a.m.

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

Field Events Starting at 8:30 a.m.

Long Jump Pit #1: Boys 8 Under, Boys 9-10, Boys 11-12, Boys 13-14, Boys 15-16, Boys 17-18

Long Jump Pit #2: Girls 8 Under, Girls 9-10, Girls 11-12, Girls 13-14, Girls 15-16, Girls 17-18

(Triple Jump Following Long Jump)

Triple Jump Pit #1: Boys 13-14, Boys 15-16, Boys 17-18

Triple Jump Pit #2: Girls 13-14, Girls 15-16, Girls 17-18

High Jump: Girls followed by Boys 17-18, 15-16, 13-14, 11-12, 9-10

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

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

Javelin/Mini-Javelin: Girls followed by Boys 15-16 17-18, 13-14, 11-12, 9-10, 8 Under

Some Groups May Be Combined

Schedule of Track Events

"Standard Order" will be: 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, 15-16 Boys, 17-18 Girls, 17-18 Boys

Starting Time 9:30 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

Lil Wolves 50M

100m Dash: Standard Order Top 8 Advance to Finals

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

1500m Run: Standard Order Finals

4x100m Relay: Standard Order Finals By Time Comparison (Groups May Be Combined)

4x400m Relay: Standard Order Finals By Time Comparison (Groups May Be Combined)