



Omaha NE 68134)

2021 North Omaha Bengals Track Club Invitational

Northwest High School
(8204 Crown Point Ave

Date & Time: June 12th, 2021- (Gates Open 7:00am start)

Sanction: Nebraska Association USATF

AGE GROUP:

- 17-18 Boys/Girls – born in 2003 or 2004 (or in 2002 on/after August 3rd)
- 15-16 Boys/Girls – born in 2005 or 2006
- 13-14 Boys/Girls – born in 2007 or 2008
- 11-12 Boys/Girls – born in 2009 or 2010
- 9-10 Boys/Girls – born in 2011 or 2012
- 8 & Under Boys/Girls – born in 2013 or later

Admission: Adults--\$5.00, kids 6-12 - \$2.00, 5 & under free. Competitors must have a 2021 USATF card to participate. This will serve as their entrance pass. In addition, “coach” USATF cards will be honored.

www.nebraskausatf.org - for \$25.00. Athlete’s USATF cards can be purchased on the www.usatf.org website

Refreshments: Standard concession items will be sold.

Number of Events: 10 Open events, 3 Relays and 6 Field Events

Entry Fees:

\$5.00 per event and relays are \$20 register on www.athletic.net. Entries will close @ 12pm Friday June 11th.

Contact: Meshah Marks @ 402-590-9613 meshahmarks@gmail.com

Awards: Medals for 1st, 2nd and 3rd places and ribbons for 4th through 6th place
ALL MEDALS/RIBBONS MUST BE PICKED UP THE DAY OF THE MEET. Please Communicate with Meshah Marks if you are not able to get your Medal the same day of the meet.

POLE VAULT will be held at Millard South @ 12PM

SCHEDULE OF FIELD EVENTS – Starting time 8:00 a.m.

Some age groups may be combined depending on the number of entries.

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

Long jump

(West pit): 8&underB, 9-10B, 11-12B,
13-14B, 15-16B, 17-18B

(East pit): 8&underG, 9-10G, 11-12G,
13-14G, 15-16G, 17-18G

Triple jump (begins after long jump)

(West pit) 13-14B, 15-16B, 17-18B

(East pit) 13-14G, 15-16B, 17-18B

High jump (south end) 17-18B, 17-18G, 15-
16B, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G,
9-10B, 9-10G

Shot put (west field) 8&underG, 8&underB,
9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-
14B, 15-16G, 17-18G, 15-16B, 17-18B

Discus (west field) 11-12G, 11-12B,
13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-
18B

Javelin: (west field) 15-16G, 17-18G,
15-16B, 17-18B, 8&underG, 8&underB,
9-10G, 9-10B, 11-12G, 11-12B, 13-14G,
13-14B

SCHEDULE OF TRACK EVENTS – Starting time 8:30 a.m.

“Standard order” is: 8&underG, 8&underB, 9-10G, 9-10B, 11-12G,
11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

Some age groups may be combined depending on the number of entries.

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

3000m Run: 11-12, 13-14, 15-16, 17-18 Finals (Groups may be combined)

80M Hurdle: 11-12 Finals by Time Comparison

100m/110 Hurdles: 13-14, 15-16, 17-18 Finals by Time Comparison

100M Dash: Standard Order Top 8 Advance to Finals

400M Dash Standard Order Finals by Time Comparison

4X800 Relay Standard Order Finals by Time Comparison (Groups May Be Combined)

4X100 Coach Relay: BREAK

200m Dash: Standard Order Finals by Time Comparison

800m Run: Standard Order Finals

100 dash *Finals

200m/400m Hurdles: 13-14, 15-16, 17-18 Finals by Time Comparison

1500m Run Standard Order Finals

4X100m Relay: Finals by Time Comparison (Groups May Be Combined)

4X400m Relay: Finals by Time Comparison (Groups May Be Combined)