



**2021 NEBRASKA YOUTH ATHLETIC CHAMPIONSHIPS**  
**OMAHA BENSON HIGH SCHOOL**  
 5120 MAPLE, OMAHA, NE 68104

**HOSTING CLUB:** MIDWEST STRIDERS TRACK CLUB  
**MEET DATE:** SATURDAY, JUNE 5, 2021 (NO ALTERNATE DATE)  
**MEET DIRECTOR:** Lanesa Ballew-Holt / 402-968-0984  
**SANCTION:** USATF SANCTIONED  
**START TIME:** Field Events 8:00 am / Track Events- 9:00 am (Gates open at 7:00 am)  
**TRACK FACILITY:** 8-lane, 400-meter, all weather latex  
**CONCESSIONS:** Concessions will be available  
**ADMISSION:** Adults 13 and over -\$6.00 Ages 6-12 -\$3.00 Under 5 –FREE

USATF MEMBERSHIP will be honored for admission for athletes and adults with a current membership.

**ALL COMPETITORS MUST HAVE A CURRENT USATF MEMBERSHIP**  
 USATF memberships WILL NOT be sold at the meet; please request at [www.USATF.org](http://www.USATF.org).

**AGE DIVISIONS:**

<b>AGE:</b>	<b>YEAR OF BIRTH:</b>
8 & under	2013+
9-10	2011-2012
11-12	2009-2010
13-14	2007-2008
15-16	2005-2006
17-18	2003-2004

**PROOF OF AGE:**

All participating athletes must be prepared to show PROOF OF AGE upon request.  
 Age is determined by how old the athlete will be on December 31 of the current year.

**ENTRIES:**

ALL ENTRIES ARE ONLINE THROUGH: <https://www.athletic.net>

**Entries are open NOW and CLOSE June 04, 2021 @ NOON**

**ENTRY FEES: \$5.00 PER EVENT**

**ALL ENTRY FEES ARE NON-REFUNDABLE AND MUST BE PAID IN FULL PRIOR TO COMPETING!**

**ENTRY RESTRICTIONS:**

**8 & UNDER, 9-10 & 11-12:** Three (3) event max **13-14, 15-16 & 17-18:** Four (4) event max. **Relays count as one (1) event**

**AWARDS:** Medals to the first (1), second (2) and third (3) places; ribbons to the fourth (4), fifth (5) and sixth (6) places in each event.

**RESULTS:** Live results will be posted at: <https://www.blacksquirreltiming.com/>  
NE USATF website: <http://www.nebraskausatf.org> (within a day or two after the meet.)

**PROTESTS:** ALL FORMAL PROTESTS MUST BE FILED IN WRITING WITHIN THIRTY (30) MINUTES OF THE INCIDENT BY THE CLUB COACH ACCOMPANIED BY A \$20.00 PROTEST FEE. PROTEST FEE IS REFUNDABLE ONLY IF PROTEST IS DEEMED CORRECT.

**EVENTS OFFERED BY AGE DIVISION**

	100	200	400	800	1500	3000	100H	110H	400H	4x1	4x4	4x8	1500 FW	3000 FW	LJ	TJ	HJ	SP	DIS	JAV
B & UNDER	X	X	X	X	X					X	X				X			X		X
AGE 9-10	X	X	X	X	X					X	X		X		X		X	X		X
AGE 11-12	X	X	X	X	X	X	80H			X	X	X	X		X		X	X	X	X
AGE 13-14	X	X	X	X	X	X	X	200H		X	X	X		X	X	X	X	X	X	X
AGE 15-16	X	X	X	X	X	X	G	B	X	X	X	X		X	X	X	X	X	X	X
AGE 17-18	X	X	X	X	X	G	G	B	X	X	X	X		X	X	X	X	X	X	X

PLEASE NOTE: Events may be combined

**Standard Order of Running Events: 8 & under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 YW/YM**

All track and field events are subject to change and will run ahead of schedule whenever possible.  
Please take note of the public address announcements for any changes.  
Announcements of any changes the day of the meet take precedence over the printed schedule.

**COACHES / PARENTS ARE NOT ALLOWED ON THE TRACK.**

**TENTS WILL NOT BE ALLOWED IN THE TRACK AREA.**

# SCHEDULE OF EVENTS

## (Rolling Schedule)

### FIELD EVENTS:

**8:00 am**

**LONG JUMP** (Will use 2 pits if possible)

(EAST PIT) BOYS - 8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18    TRIPLE JUMP 13-14, 15-16, 17-18  
(WEST PIT) GIRLS - 8 & UNDER, 9-10, 11-12, 13-14, 15-16/17-18    TRIPLE JUMP 13-14, 15-16, 17-18

**HIGH JUMP**        (South End)

17-18/15-16G, 13-14G, 17-18/15-16B, 13-14B, 11-12G, 11-12B, 9-10G, 9-10B

**JAVELIN\*\***        (Outside Field)

15-16G, 17-18G, 15-16B, 17-18B, 8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B

**SHOT PUT\*\***      (Outside Field)

8 & UNDER/G, 8 & UNDER/B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

**DISCUS\*\***        (Outside Field)

11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B

**In the 8 & Under and 9-10 field events, the athletes will get 4 trials and NO FINALS**

**\*\*Indicates location is west of the stadium**

### TRACK EVENTS:

<b>9:00 am</b>	<b>RACEWALK (1500M, 3000M)</b>	<b>FINALS</b>
	<b>3000 RUN (11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B)</b>	<b>FINALS</b>
	<b>80M HURDLES (11-12 G/B)</b>	<b>FINALS AGAINST TIME</b>
	<b>100MH/110MH (13-14 G/B, 15-16 &amp; 17-18 G, 15-16 &amp; 17-18 B)</b>	<b>FINALS AGAINST TIME</b>
	<b>100M DASH*</b>	<b>TOP 8 ADVANCE</b>
	<b>400M DASH*</b>	<b>FINALS AGAINST TIME</b>
	<b>4X800 RELAY (11-18 G/B IN EACH AGE GROUP)</b>	<b>FINALS</b>
	<b>200M DASH*</b>	<b>FINALS AGAINST TIME</b>
	<b>800M RUN*</b>	<b>FINALS AGAINST TIME</b>
	<b>100M DASH*</b>	<b>FINALS</b>
	<b>200M/400M HURDLES (13-14G/B, 15-16G, 17-18G, 15-16B, 17-18B)</b>	<b>FINALS AGAINST TIME</b>
	<b>1500M RUN*</b>	<b>FINALS</b>
	<b>4X100M RELAY*</b>	<b>FINALS</b>
	<b>4X400M RELAY*</b>	<b>FINALS</b>

**\* Indicates Standard Order**

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