



2022 NEBRASKA YOUTH ATHLETIC CHAMPIONSHIPS

Omaha Northwest High School

8204 Crown Point, OMAHA, NE 68104

HOSTING CLUB: **MIDWEST STRIDERS TRACK CLUB**
MEET DATE: SATURDAY, JUNE 4, 2022 (NO ALTERNATE DATE)
MEET DIRECTORS: Lanesa Ballew-Holt / 402-968-0984 David Pollock / 402-515-8865
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 / 1/8" Spikes
CONCESSIONS: Concessions will be available
ADMISSION: Adults 13 and over \$6.00 Ages 6-12 \$3.00 Under 5 FREE

Payment options: **Mail:** Lanesa Ballew-Holt 5714 Fort Street Omaha, NE 68104-1742
Cash App: \$LanesaB **Venmo:** @Lanesa-Ballew-Holt
Pay at the meet as soon as possible. Please include team name or athlete name for all payments.

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.

AGE DIVISIONS:

AGE:	YEAR OF BIRTH:
8 & under	2014+
9-10	2012-2013
11-12	2010-2011
13-14	2008-2009
15-16	2006-2007
17-18	2004-2005

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 03, 2022 @ 5:15 pm / No late entries.****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.

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:

9:00 am

RACEWALK (1500M, 3000M)

3000 RUN (11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B)

80M HURDLES (11-12 G/B)

100MH/110MH (13-14 G/B, 15-16 & 17-18 G, 15-16 & 17-18 B)

100MDASH*

400MDASH*

4X800 RELAY (11-18 G/B IN EACH AGE GROUP)

200MDASH*

800MRUN*

100MDASH*

200M/400M HURDLES (13-14G/B, 15-16G, 17-18G, 15-16B, 17-18B)

1500MRUN*

4X100M RELAY*

4X400M RELAY*

FINALS

FINALS

FINALS AGAINST TIME

FINALS AGAINST TIME

TOP 8 ADVANCE

FINALS AGAINST TIME

FINALS

FINALS AGAINST TIME

FINALS AGAINST TIME

FINALS

FINALS AGAINST TIME

FINALS

FINALS

FINALS

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