



705 N. 9th St. • P. O. Box 580 • Arlington, NE 68002 • Fax (402)478-4176 • [www.apseagles.org](http://www.apseagles.org) • AA/EOE

## Arlington Invitational Track Meet

Friday, May 7, 2021 - 2:00pm

Arlington, Arlington JV, DC West, Fort Calhoun, Fremont JV, Howells-Dodge, Platteview, Wahoo, Yutan

### Facility Information

1. The track is located south of the High School. Busses are to park **south** of the track. They can park on the north side of Ellsworth St. (road to south of the track). Teams can set up camp south of the track outside of the fence.
2. Concessions will be available.
3. Restrooms are on the northwest side of the track.
4. A meal will be available for the coaches and administrators on the west end of the concession/storage shed building.
5. No spikes longer than 1/8 inch.
6. When not in competition or warming up, athletes should be outside the track.
7. Only meet officials will be allowed in the press box and around the finish line.
8. No camps or chairs on the infield.

### Meet Information

1. Coaches meeting will be held at **1:00 pm** at the west end of concessions/storage shed building.
2. Each contestant will be allowed 3 preliminary trials in the shot put, discus, long jump, and triple jump: The best 8 marks will qualify for the finals. Each athlete will be allowed 3 additional throws or jumps.
3. Opening heights for high jump and pole vault will be determined by the entries and weather conditions the day of the meet.
4. The winner of each heat will qualify for the finals, the remainder of the qualifiers will be determined by the next fastest times.
5. The meet is governed by the rules of the NSAA.
6. Admissions: \$5 Adult and \$4 children
7. **Entries due date is Thursday 5/6/21 at 9 a.m. Web link: <https://www.vbmeets.com/32422>**



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**Throws Coaches:** We are again going to give our JV throwers an opportunity to throw after the conclusion of the varsity meet. This will not be counted as part of the meet, but will be another opportunity for your throwers to improve their marks for the season. You may enter as many throwers as you would like. We just ask that you email the names, events, and distances to Coach Eckhardt so he can put together a list of names and help make this portion run more smoothly. Thanks for your help and hope to see some great throws!

**Please send entries for the JV throws to: [jake.eckhardt@apseagles.org](mailto:jake.eckhardt@apseagles.org)**

Thanks for your help and hope to see some great throws!

8. Jury of Appeals: Wahoo, Ft. Calhoun, Arlington
9. Entry Fee: \$150
10. COVID-19 Guidelines:

Active participants are permitted, but not required, to wear face coverings during competition/performance.

- Spectators are required to wear face coverings for entrance to all activities. Face coverings may be removed if outside and 6 feet of physical distance can be maintained.
- Face coverings must cover the nose and mouth.
- Follow local/state DHM's for spectator attendance.



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**Order of Events**

**Field Events**

2:00

**Girls**

Discus  
Long Jump  
Pole Vault

**Boys**

Shot Put  
Long Jump  
High Jump

Shot Put  
Triple Jump  
High Jump

Discus  
Triple Jump  
Pole Vault

4:30

3200 Meter Relay  
100 Meter High Hurdles (prelims)  
110 Meter High Hurdles (prelims)  
100 Meter Dash (prelims)  
400 Meter Dash  
3200 Meter Run  
200 Meter Dash

Break

Approximately 20 min break

Running Event Finals

100 Meter High Hurdles (finals)  
110 Meter High Hurdles (finals)  
100 Meter Dash (finals)  
800 Meter Dash  
300 Meter Low Hurdles  
300 Meter Intermediate Hurdles  
200 Meter Dash (finals)  
1600 Meter Run  
400 Meter Relay  
1600 Meter Relay

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