



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 Jr. High Invitational Track Meet**

**Thursday, May 6, 2021**

**4:00 p.m.**

### **Meet Information**

**Teams: Arlington, Ashland-Greenwood, Bennington, Bishop Neumann, D.C. West, Elkhorn Ridge, Fort Calhoun, Platteview, Raymond Central, Wahoo**

1. Coaches Scratch and Add Meeting **3:10**. At the west end of Concessions/Machine Shed Building. Please enter at the southwest.
2. 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.
3. There will be a concession stand.
4. Please notify your athletes of their heat and lane assignments upon determination.
5. Limit of 3 contestants per individual event and one relay team per school in each relay race. Each participant can compete in up to 4 events. Any athlete in more than 4 events (including relays) will be disqualified from that event.
6. No spikes longer than 1/8 inch.
7. Heat and lanes will be assigned according to the times submitted. There may be changes made by the clerk of the start to reduce the number of heats.
8. In the girls 100 M hurdles the hurdles will be set at 30 inches, the boys 110 M hurdles will be set at 33 inches, and in the 195 M hurdles both girls and boys will be at 30 inches.
9. In the shot put, discus, long jump, and triple jump, each contestant will be allowed three preliminary trials. In the high jump and pole vault, each contestant will be allowed only three trials at each height. Once there are three consecutive misses, the athlete is out.
10. Starting heights for high jump, and pole vault will be determined once all entries are received. This may be adjusted at the scratch and add meeting.



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11. In the field events, contestants will be allowed one run-through between flights.
12. Please have all equipment marked.
13. Have each athlete at the event well ahead of time. Report to the official in charge.  
**Running events take precedence over field events.** Please inform the field event official of your race and then return in a timely fashion.
14. Restrooms are on northwest corner of the track.
15. When not in competition of warming up, athletes should be outside the track.
16. Only meet officials will be allowed in the press box, around the finish line, and on the infield. Coaches, please pass this on to your athletes and assistant coaches.
17. Scoring 10-8-6-4-2-1 for all events
18. Awards: Plaques for girls and boys champions. Ribbons for 6 places.
19. The meet is governed by the rules of the NSAA.
20. Schools participating: Arlington, Ashland-Greenwood, Bennington, Bishop Neumann, Douglas County West, Elkhorn Ridge, Fort Calhoun, Platteview, Raymond Central, and Wahoo.
21. Admissions-\$5 Adults and \$4 children
22. Entries: **Due Wednesday 5/5/21 by 9 am.** Please use the following link for entries:

Web Link: <https://www.vbmeets.com/32423>

23. Entry fee=\$150

24. 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

4:00

#### Boys

Shot Put  
Long Jump (West)  
Pole Vault

#### Girls

Discus  
Triple Jump (East)  
High Jump

4:45

Discus  
Triple Jump (East)  
High Jump

Shot Put  
Long Jump (West)  
Pole Vault

#### Running Events-All Finals

5:30

1600 M. Run  
1600 M. Run  
100 M. Hurdles  
110 M. Hurdles  
100 M. Dash  
100 M. Dash  
400 M. Dash  
400 M. Dash  
195 Low Hurdles  
195 Low Hurdles  
800 M. Run  
800 M. Run  
200 M. Dash  
200 M. Dash

Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys

400 M. Relay  
400 M. Relay  
1600 M. Relay  
1600 M. Relay

Girls  
Boys  
Girls  
Boys

**We will run ahead when possible**

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