

# Nebraska City Roadrunner Youth Track Meet

**Sunday May 29<sup>th</sup>, 2016, 12:00pm**

**Nebraska City High School, 141 Steinhart Park Rd**

**Sunday May 29<sup>th</sup>, Pre-meet registration from 9:30am-11:00am**

**NO ENTRIES OR CHANGES ACCEPTED AFTER 11:00AM**

**Pre-Entry by May 26<sup>th</sup> is encouraged.**

If meet is cancelled due to weather and you write a check, checks will be destroyed. Make checks out to Nebraska City Track Club

**Return to:** Nebraska City High School, c/o Kaleb Walker 141 Steinhart Park Rd., Nebraska City NE 68410

**Meet Director:** Kaleb Walker 402-525-8531 [kwalker@nebcityps.org](mailto:kwalker@nebcityps.org)

**ENTRY FEE:** \$4.00 per event or \$10 for three events. Three individual events only. \$10 relay team entry. No refunds on meet day.

**SPECTATOR ADMISSION:** FREE (Concession stand will be available)

**AWARDS:** Medals to top three finishers in each event. Ribbons 4<sup>th</sup>-6<sup>th</sup> place.

**RELAY:** Relay teams must wear same color.

**NAME:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**BOY:** \_\_\_\_ **GIRL:** \_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_\_  
**AGE ON RACE DAY WILL DETERMINE THE AGE GROUP DIVISION**

I certify that \_\_\_\_\_ was born on the date stated and has my permission to compete in the Nebraska City Roadrunner Track Meet. I hold harmless Nebraska City Public Schools, Nebraska City Roadrunner Youth Track Club, and any and all coaches, assistants, or volunteers against any injury occurred before, during, or after this meet.

**SIGNED:** \_\_\_\_\_ Parent or Guardian

## **AGES 6 & UNDER**

\_\_\_ 50 meter  
\_\_\_ 100 meter  
\_\_\_ 200 meter  
\_\_\_ standing long jump

## **AGES 7-8**

\_\_\_ 100 meter  
\_\_\_ 200 meter  
\_\_\_ 400 meter  
\_\_\_ 4x100 meter relay  
\_\_\_ long jump  
\_\_\_ high jump  
\_\_\_ shot put (6lb)

## **AGES 9-10**

\_\_\_ 100 meter  
\_\_\_ 200 meter  
\_\_\_ 400 meter  
\_\_\_ 800meter  
\_\_\_ 1600M  
\_\_\_ long jump  
\_\_\_ high jump  
\_\_\_ shot put (6lb)  
\_\_\_ discus (1kg)  
\_\_\_ 4x100 relay  
\_\_\_ 75m low hurdles

## **AGES 11-12**

\_\_\_ 100 meter  
\_\_\_ 200 meter  
\_\_\_ 400 meter  
\_\_\_ 800 meter  
\_\_\_ 1600m  
\_\_\_ long jump  
\_\_\_ high jump  
\_\_\_ shot put (6lb)  
\_\_\_ discus (1kg)  
\_\_\_ 4x100m relay  
\_\_\_ 75m low hurdles

**RELAY TEAM MEMBERS:** 1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

## Schedule of Events

<b>12:00pm</b>	<b>11-12 Shot Put (boys) 11-12 Discus (girls) 6 &amp; Under Long Jump (boys &amp; girls) 9-10 Long Jump (girls) 7-8, 9-10 High Jump (boys)</b>
<b>12:20pm</b>	<b>7-8 Shot Put (girls) 11-12 Discus (boys) 7-8 Long Jump (girls) 11-12 Long Jump (girls) 9-10 High Jump (girls)</b>
<b>12:40pm</b>	<b>9-10 Shot Put (girls) 9-10 Discus (boys) 7-8 Long Jump (boys) 11-12 Long Jump (boys) 11-12 High Jump (girls)</b>
<b>1:00pm</b>	<b>7-8, 9-10 Shot Put (boys) 9-10 Discus (girls) 9-10 Long Jump (boys) 7-8 High Jump (girls)</b>
<b>1:20pm</b>	<b>11-12 Shot put (girls) 11-12 Discus (boys) 11-12 High Jump (boys)</b>
<b>2:00pm</b>	<b>1600 Meter 50 Meter 100 Meter 75 Meter Low Hurdles (ages 9-10, 11-12) 200 Meter Run 800 Meter Run 400 Meter Run 4x100 Meter Relay (ages 7-8, 9-10, 11-12)</b>

**\* The times listed are an estimate as to when each event will start. When an event finishes, we will roll into the next event even if ahead of schedule. All running events will be separated into age, unless there are a limited number of entries in a specific event. Those individuals will still be running for their specific age group however.**