



2019 Hastings Saints Track & Field Invitational

Site: Adams Central High School - 1090 S Adams Central Ave, Hastings, NE

Date & Time: Saturday, June 1, 2019 * 10 am field events, 11:30 running events

Sanctioned: Nebraska Association USATF #19-29-015

Track Surface: 1/4" spikes only.

Age Divisions:

- 8 & Under (born 2011+) 3 events only individually or 2 individual events + 1 relay)
- 9 & 10 Years Old (2009-2010) (3 events only individually or 2 individual events + 1 relay)
- 11 & 12 Years Old (2007-2008), (3 events only individually or 2 individual events + 1 relay)
- 13 & 14 Years Old (2005-2006), 4 events (any combination of relay and individual events)
- 15 & 16 Years Old (2003-2004), 4 events (any combination of relay and individual events)
- 17 & 18 Years Old (2001-2002), 4 events (any combination of relay and individual events)
- Athletes born in 1999 are also eligible if they turn 19 on or after July 30.

REMEMBER – Competition age is your child's age on December 31st of 2019!

Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships (July 28) are eligible to compete in the 17-18 age division.

Admission: Adults--\$4.00, kids 6-12--\$2.00, 5 & under free. "COACH" USATF cards will be honored. USATF registration for athletes is not necessary.

Refreshments: Standard concession items will be sold as well as Tropical Sno!

Registration and Entry Fees:

\$5.00 per event, all registrations are done online at <https://www.vbmeets.com/29970>

***Registration opens on May 8th and closes at 10 pm on May 29! No exceptions!**

***No registrations will be taken the day of the meet!** Entry fees are non-refundable.

Awards:

Ribbons for 1st through 8th place

For further information, contact meet director

Paul Rodriguez, 402-984-3794, rodriguez.paul86@gmail.com

SCHEDULE OF FIELD EVENTS:

FIELD EVENTS START TIME: 10:00 AM

(All field events except High Jump, 4 attempts; no finals)

TRIPLE JUMP pit #3 – 13-14, 15-16, 17-18 Girls followed by Boys (may be combined)

LONG JUMP pit #1 - Boys 17-18, 15-16, 8 & Under, 9-10, 11-12, 13-14

LONG JUMP pit #2 - Girls 17-18, 15-16, 8 & Under, 9-10, 11-12, 13-14

HIGH JUMP - 17-18, 15-16, 13-14, 11-12 and 9-10, Girls followed by Boys

SHOT PUT ring #1 - Boys 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

SHOT PUT ring #2 - Girls 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

DISCUS - 11-12, 13-14, 15-16, 17-18 Boys followed by Girls

JAVELIN – 9-10, 11-12, 8 & Under, Girls followed by Boys

(8 and under and 9-10 use the 300 gram turbo javelin; 11-12 use the 450 gram aero-javelin)

SCHEDULE OF RUNNING EVENTS:

RUNNING EVENTS START TIME: 11:30 AM

Announcements of any changes the day of the meet take precedence over the printed schedule.

“Standard order” will be: 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18 Girls followed by Boys

RUNNING EVENTS **11:30-Noon START TIME** (races will be fully automated timed (FAT))

3000m run: 11-12, 13-14, 15-16 and 17-18 Girls followed by Boys *finals*, *AGE GROUPS MAY BE COMBINED*

80m hurdles: 11-12 Girls followed by Boys *finals*

100m hurdles: 13-14, 15-16, 17-18 Girls, followed by 13-14 Boys *finals*

110m hurdles: 15-16, 17-18 Boys *finals*

100m dash: standard order *qualifying* (TOP 8 ADVANCE TO FINALS)

800m run: standard order *finals*

20 minutes break

200m hurdles: 13-14 Girls followed by Boys *finals*

400m dash: standard order *finals by time comparison*

200m dash: standard order *finals by time comparison*

100m dash: standard order *finals*

1500m run: standard order *finals* *AGE GROUPS/GENDER MAY BE COMBINED*

4X100m relay: standard order *finals by time comparison* *AGE GROUPS/GENDER MAY BE COMBINED*

4X400m relay: standard order *finals by time comparison* *AGE GROUPS/GENDER MAY BE COMBINED*

Games to be contested under 2019 USATF Competition Rules

- If you are competing in a running event while competing in a field event, running events take precedence. Check in with your field event 1st, if possible, get all of your jumps or throws done before the running event.