



## 2024 North Omaha Bengals Track Club Invitational

Northwest High School  
(8204 Crown Point Ave Omaha NE 68134)

**Date & Time: June 8th, 2024- (Gates Open 7:00am start)**

**Sanction: Nebraska Association USATF**

**AGE GROUP:**

- 17-18 Boys/Girls – born in 2006 or 2007
- 15-16 Boys/Girls – born in 2008 or 2009
- 13-14 Boys/Girls – born in 2010 or 2011
- 11-12 Boys/Girls – born in 2012 or 2013
- 9-10 Boys/Girls – born in 2014 or 2015
- 8 & Under Boys/Girls – born in 2016 or later

**Admission:** Adults--\$5.00, kids 6-12 - \$2.00, 5 & under free. Competitors must have a 2024 USATF card to participate. This will serve as their entrance pass. In addition, "coach" USATF cards will be honored.

**www.nebraskausatf.org - for \$30.00. Athlete's USATF cards can be purchased on the [www.usatf.org](http://www.usatf.org) website**

**Refreshments:** Standard concession items will be sold.

**Number of Events:** 10 Open events, 3 Relays and 6 Field Events

**Entry Fees:**

\$5.00 per event and relays are \$20 register on [www.athletic.net](http://www.athletic.net). Entries will close @ 5PMpm Friday June 07<sup>th</sup>.

Contact: Meshah Marks @ 402-590-9613 [meshahmarks@gmail.com](mailto:meshahmarks@gmail.com)

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and ribbons for 4<sup>th</sup> through 6<sup>th</sup> place ALL MEDALS/RIBBONS MUST BE PICKED UP THE DAY OF THE MEET. Please Communicate with Meshah Marks if you are not able to get your Medal the same day of the meet.

**SCHEDULE OF FIELD EVENTS – Starting time 8:00 a.m.**

Some age groups may be combined depending on the number of entries.  
Competitors must stay alert to announcements over the P.A. system!

**Long jump**

(West pit): 8&underB, 9-10B, 11-12B,  
13-14B, 15-16B, 17-18B

(East pit): 8&underG, 9-10G, 11-12G,  
13-14G, 15-16G, 17-18G

**Triple jump (begins after long jump)**

(West pit) 13-14B, 15-16B, 17-18B

(East pit) 13-14G, 15-16B, 17-18B

**High jump (south end)** 17-18B, 17-18G, 15-  
16B, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G,  
9-10B, 9-10G

**Shot put (west field)** 8&underG, 8&underB,  
9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-  
14B, 15-16G, 17-18G, 15-16B, 17-18B

**Discus (west field)** 11-12G, 11-12B,  
13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-  
18B

**Javelin: (west field)** 15-16G, 17-18G,  
15-16B, 17-18B, 8&underG, 8&underB,  
9-10G, 9-10B, 11-12G, 11-12B, 13-14G,  
13-14B

**SCHEDULE OF TRACK EVENTS – Starting time 8:30 a.m.**

“Standard order” is: 8&underG, 8&underB, 9-10G, 9-10B, 11-12G,  
11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

Some age groups may be combined depending on the number of entries.

Competitors must stay alert to announcements over the P.A. system!

**3000m Run:** 11-12, 13-14, 15-16, 17-18 Finals (Groups may be

combined) **80M Hurdle:** 11-12 Finals by Time Comparison

**100m/110 Hurdles:** 13-14, 15-16, 17-18 Finals by Time

Comparison **100M Dash:** Standard Order Top 8 Advance to Finals

**400M Dash** Standard Order Finals by Time Comparison

**4X800 Relay** Standard Order Finals by Time Comparison (Groups May Be

Combined) **4X100 Coach Relay: BREAK**

**200m Dash:** Standard Order Finals by Time Comparison

**800m Run:** Standard Order Finals

**100 dash \*Finals**

**200m/400m Hurdles:** 13-14, 15-16, 17-18 Finals by Time

Comparison **1500m Run** Standard Order Finals

**4X100m Relay: Finals by (Time Comparison Combined)**

**4X400m Relay: Final by (Time Comparison Combined)**