NEBRASKA INDOOR TRACK & FIELD CHAMPIONSHIP SERIES

HOSTED BY CONCORDIA UNIVERSITY

The Nebraska Indoor Track & Field Championship Series is a series of three open track and field meets for athletes in grades 9-12. Dates for these meets are as follows:

Sunday, December 15, 2019, 3-5 PM:

Sunday, February 9, 2019, 3-5 PM:

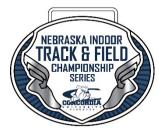
Sunday, February 16, 2019, 3-5 PM:

Format:

The Nebraska Indoor Track & Field Championship Series includes 11 events per gender, over the course of three indoor track & field competitions. The top eight in each event will be awarded points for each competition. The athlete with the most points at the conclusion of the third indoor competition will be the series champion. Updated series point standings will be posted online following the conclusion of each meet.

<u>Place</u>	Points
1 st	8
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1







Prizes:

Medals will be awarded to the top three athletes with the highest series point totals per event and gender at the conclusion of the third competition on February 16th. Athletes must be present and compete at the third meet to be eligible to receive an award. If there is a tie in the top three places, the best individual mark from the series will be used as a tiebreaker.

Events:

Maximum Number of	
Competitors Per Gender	
24	
24	
24	
24	
24	
24	
24	
24	
16	
16	
24	
24	



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Schedule:

FIELD EVENTS:

3:00 pm	Long Jump	Women	North Runway
3:00	Long Jump	Men	West Infield Runway
3:00	Weight Throw	Women/Men	
3:00	High Jump	Women	
3:00	Pole Vault	Women/Men	
4:00	Triple Jump	Women	North Runway
4:00	Triple Jump	Men	West Infield Runway
4:00	Shot Put	Women/Men	
4:00	High Jump	Men	

RUNNING EVENTS:

60 Hurdles	Final	Women
60 Hurdles	Final	Men
1600		Women
1600		Men
60 Dash	Final	Women
60 Dash	Final	Men
400		Women
400		Men
800		Women
800		Men
200		Women
200		Men
	60 Hurdles 1600 1600 60 Dash 60 Dash 400 400 800 800 200	60 Hurdles Final 1600 1600 60 Dash Final 60 Dash Final 400 400 800 800 200

High Jump and Pole Vault Information:

• 30 minute warm up period for each event.

Pole Vault Starting Heights and Progression (heights subject to change per meet director):

- Boys: 11'0", 11'6", 12'0", 12'6", 13'0", 13'6", 14'0", 14'6", 15'0", 15'6", 16'0"
- Girls: 8'0", 8'6", 9'0", 9'6", 10'0", 10'6", 11'0", 11'6", 12'0", 12'6", 13'0"

High Jump Starting Heights and Progression (heights subject to change per meet director):

- Boys: 5'3", 5'5", 5'7", 5'9", 5'11", 6'1", 6'3", 6'5", 6'7" 6'8", 6'9", 6'10"
- Girls: 4'1", 4'3", 4'5", 4'7" 4'9", 4"11", 5'1", 5'3", 5'5", 5'6", 5'7" 5'8", 5'9"



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Meet Information:

Individual Meet Registration:

- \$15 per event per meet
- Registrations must be completed online through directathletics.com. See below links.
- No late registrations will be accepted and no registrations accepted over the event limits.

Eligibility:

- Athletes in the grades 9-12 are eligible to compete.
- This is an individual/non high school team affiliated competition per the NSAA.
- Athletes are not permitted to wear any high school team issued uniforms.

Entry Procedure:

- Entries will be done at the Direct Athletics entry site. The entry links can be found here:
- December 15th entry link:
- February 9th entry link:
- February 16th entry link:

Final entries are due the Thursday before each meet at 11:59 PM.

Admission:

• There is free admission for spectators and athletes.

Athlete Entry Limit:

No limit on events entered per athlete.

Seeding:

Meet 1 will be seeded by entry marks. Meets 2 & 3 will be seeded by updated series point standings.

Spikes:

• ½" Pyramid spikes only.
No needle or christmas tree spikes. Spikes may be checked at the beginning of the event.

Event Check In:

- Running Event competitors will pick up your hip numbers 15 minutes before the event starts at the north end of the infield at the hip number table. Check in with the clerk of the course at the appropriate start line 5 minutes before event start time.
- Field event competitors report directly to your event area 15 minutes before the event starts.

Horizontal Jumps and Shot Put Format:

- Long jump, triple jump, and shot put competitors will be given four attempts.
- If more than 12 competitors are entered in an event, the event will be seeded into two flights with the higher seeds in the later flight. In the event of a tie, the next best attempt will determine placing.
- The athlete is responsible for speaking with the event judge if he or she is in a conflicting event.
- Athletes may compete out of order in the preliminary flights; however, the attempts must be completed prior to the conclusion of their assigned flight. There will be a 1-minute time limit per attempt. In the event the time limit expires, that attempt will be a foul.

Throwing Implements and Pole Vault Poles:

- All throwing implements will be provided by Concordia University.
- Pole vaulters are strongly encouraged to bring their own poles; however, Concordia University will have poles available for use.

