

# 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>	<u>Points</u>
1 <sup>st</sup>	8
2 <sup>nd</sup>	7
3 <sup>rd</sup>	6
4 <sup>th</sup>	5
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	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 16<sup>th</sup>. **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:

<u>Events Contested</u>	<u>Maximum Number of Competitors Per Gender</u>
60m Hurdles	24
60m Dash	24
200m	24
400m	24
800m	24
1600m	24
Long Jump	24
Triple Jump	24
High Jump	16
Pole Vault	16
Weight Throw	24
Shot Put	24



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### Schedule:

#### **FIELD EVENTS:**

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

#### **RUNNING EVENTS:**

3:00 pm	60 Hurdles	Final	Women
3:10	60 Hurdles	Final	Men
3:20	1600		Women
3:30	1600		Men
3:45	60 Dash	Final	Women
3:55	60 Dash	Final	Men
4:05	400		Women
4:15	400		Men
4:25	800		Women
4:35	800		Men
4:45	200		Women
4:55	200		Men

### 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](http://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 15<sup>th</sup> entry link:
- February 9<sup>th</sup> entry link:
- February 16<sup>th</sup> 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:

- ¼" 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.

