



BOONE CENTRAL

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

B-4 District Track Meet

Tuesday, May 7th, 2024

Field Events 11:00 a.m. – Running Events 2:00 p.m.

Boone Central Track and Field Complex

District Teams: Blair, Boone Central, Columbus Lakeview, O'Neill, Pierce, Schuyler, Scotus Central Catholic, South Sioux City, Wayne, West Point-Beemer

Meet Directors:	Jon Perone	Starter:	Todd Kramer
Referee:	Jeff Bellar	Jury of Appeals:	Dale Hochstein, Gary Shada, Merlin Lahm
Implement Weigh In:	Michael Volker	Clerk of the Start:	Tom Dickey, Ethan Larsen

Times: **10:15 am** *Coaches Meeting in North Shed*
 11:00 am *Field Events Start*
 2:00 pm *Running Events Start*

Entry Info: **\$50 per boys team and girls team (\$100 per school)**
 *Please send entry fees ASAP or bring it with you to meet.

Entries will be entered through the Bound Website. If you already have an account, log in at <https://gobound.com/ne/> by clicking sign in and then selecting school. Go to your program then meet entries to enter your athletes.

There will be no meet website link

Registration opens 4/30 at 8:00 am and closes on 5/6 at 11:00 am

If you have not registered, please contact brian.kujath@gobound.com to get signed up. Follow the links for further instructions on creating your roster:

Managing your Team's roster: <https://intercom.help/boundhq/en/articles/6515780-managing-your-team-s-roster>

Signing up for the Meet: <https://intercom.help/boundhq/en/articles/6027605-how-to-submit-meet-entries>

The Meet Program will be made available on Monday May 6th

Live Results Link: <https://live.athletic.net/meets/35190>

Adds and Scratches:

***Day before meet (Monday May 6th)- After entries close at 11:00 am**

***By email before 8:00 am the day of the Meet to update Meet Program or**

***Due upon arrival in North Shed by PRIOR to 10:15 am on May 7th**

*The addition of a participant in any event will be permitted in cases where the participant is already entered on the District eligibility list and providing no additional heat is required.

*If the athletes time or mark would place them in the top heat or flight, verification of the time or mark from the meet where it was established must be provided.

*If you know your final scratch/adds, you may get them to us earlier if possible.

The Meet Program will be made available on Monday May 6th

*Relay participants will be listed online and if changes need to be made after entries are turned in, relay cards will be available at the coaches meeting. Changes may be made up to the time of check in for the race.

Finals:

Eight athletes will qualify for finals in the long jump, triple jump, shot put and discus. Eight athletes will qualify for the finals in the 100, 200, 100 hurdles, and 110 hurdles. If there is a tie for the 8th position, a runoff will be held following the 200 prelims.

In running events using fully automatic timing:

*When running 2 heats, the first and second place runners and then next four fastest times will qualify for the finals.

*When running three heats, the first place runner and the next five fastest times will qualify for the finals.

*When running four heats, the first place runner and the next four fastest times will qualify for the finals.

*If there are more than four heats, semi-final qualifying heats must be run.

Equipment:

Spikes: Athletes may wear spikes up to ¼”.

No tape allowed on track surfaces, high jump apron or runways: Chalk will be provided for the high jump, pole vault and the long and triple jumps for athletes to mark starting spots. Spots for relays are your responsibility.

Starting blocks: All blocks are Gill Fusion. We have 2 three point starting blocks so if you have several athletes who use a three point start, you may want to bring a set of your own.

Weight implements: They will be checked in at the white brick building just north of the bleachers from 9:30 a.m. until 10:15 a.m. Only those implements certified at this time will be allowed in the competition area. They will be marked with a paint pen. Please make sure the implements are clean and ready to weigh. All implements must meet the specifications for use as detailed in the NFHS rulebook.

Electronics:

All electronic equipment, including cell phones, ipods, cameras, etc., are banned from all competition areas. Persons who are in the competition areas with any of these devices could be subject to disqualification as per NFHS/NSAA rules.

- Competition Areas:** **This is Defined as:**
*For the pole vault- anything east of the track.
*For the high jump- any area on the high jump apron.
*For the shot put, discus, long and triple jump events- anything inside the roped area.
*For running events, anywhere on the Track during Competition.
- Restricted Areas:** After completion of the field events, all non-coaches, non participants and spectators are to be in the grandstand seating area or outside the track oval. Only officials, coaches, and participating athletes are allowed on or inside the track oval. Coaches seating will be provided on the infield. Please communicate this request to your coaches, athletes and fans.
- Field Events** Please do not warm-up until the event judge is on site, approximately 45 minutes prior to the event. In the shot put, discus, long jump and triple jump, each contestant will be allowed three preliminary trials and eight finalists will receive three trials in the finals. In the shot put and discus, competitors will each throw two throws followed by one throw in the prelims, totaling three throws. In the finals, each finalists will throw one, one and one. For the high jump and pole vault, the starting heights will be determined at the coaches meeting on Tuesday, May 9th at 10:15 a.m.
- Height Progression:** The pole vault and the high jump will be advanced 6 inches and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined. At all District meets the State Qualifying mark will be inserted into the progressions.
- Pole Vault & Cards:** Our pole vault pit is located on the east side of the track complex and sits so that we can vault from either the north or south depending on the wind. **Pole vault cards** must be turned in to the pole vault judge prior to the event to verify that vaulters are competing at a legal weight relative to the pole they are using for competition.
- Bus Parking:** School busses and vans of teams will park on First Street and on Park Street, which is the west and north sides of the Track Complex. Personnel will be available to assist in parking teams upon arrival.
- Team Camps:** Outside the track fence and to the west of the track either in the grass right behind the bleachers to the sidewalk or to the west of the new concessions stand along the south fence. No team camps will be allowed in or near the track oval, on the the south bank of the track or in the bleachers.
- Housekeeping:** Everyone is asked to throw away their trash in the provided receptacles. Additionally at the conclusion of the meet, all schools are asked to “police” their team camp area and around their buses. Coaches are asked to make a final walk-through before departing, We thank you in advance for the cooperation of the schools and their students!
- Inclement Weather:** If a situation would arise where we would need to take shelter due to inclement weather, all teams would be asked to load their vehicles and move to Boone Central Schools at 5th and Columbia. Directions: From where your bus/van is parked travel north to Columbia Street. Then turn left onto Columbia which will take you to the front door of the high school. Unload and we will have staff there to direct you.
- Scoring:** All district meets will be scored on a six-place basis; places to count 10, 8, 6, 4, 2, and 1.
- Awards:** Medals will be awarded to the first six places in all events and plaques to the first and second place teams for girls and boys. All medals and printed results will be available at the conclusion of the meet. Coaches may pick up the packets in front of the pressbox.

Admission: **Two Session NSAA Event: Adults \$6.00, Students \$5.00**
Only NSAA passes/credentials will be accepted

Concessions: In the concession/restroom building on the southwest end of the track. Also, there is another set of restrooms located north of the grandstands. Please no open fires/barbeques in the entire complex. No locker rooms are available.

Coaches Meal: A meal will be provided for coaches and workers. Coaches may go to the West side of the Concession stand/Ticket booth to get their meal between 3:00-5:30 pm

AT Services: Training services will be provided by Boone Central Schools in conjunction with with the Boone County Health Center. Water stations will be available as needed.

More information for the district meet can be found in the NSAA 2024 Track and Field Manual.
<https://nsaa-static.s3.amazonaws.com/textfile/track/tfmanual.pdf>

GOOD LUCK TO ALL PARTICIPANTS!