

**4/18/24 SCHS Fred Arnold Memorial**  
**Track and Field Invitational**

Entry Fee:       **\$200 per school**

Send entry fees to:

Schuyler Central High School  
401 Adam Street  
Schuyler, Nebraska 68661  
Attn. Travis Steinhoff, AP/AD

- Enclosed is an order of events and general information
  - Programs will be available for coaches at the Activity Building before the meet.
  - Hospitality – Breakfast available at 8:00. There will be a meal for adult coaches, workers and supervisors before running events begin. This will be located in the activity building starting at 11:30 am.
  - **Admission: \$6.00 Adults and \$4.00 Students – ONLY SCHS PASSES WILL BE ACCEPTED**
  - We will also need two or three volunteers to serve on the jury of appeals.
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### **Entries**

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. Live results will be on Athletic.net. We will have QR codes posted for that link.

Registration closes on April 17th at 12:00 pm

1. Scratch/add: Please report changes in the Activity Building at 9:15 am. The building is at the northeast corner of the track.
2. NSAA rules will apply at this meet. **Athletes may not warm up without a coach or official present.**
3. Scoring will be 10-8-6-4-2-1, in both relays and individual events.
4. Throwers will need to use designated implements. Officials for the shot put and discus will designate the implements to be used and they need to be available through all flights as well as the finals. Throws with other implements will not be measured.
5. Competitors will be assigned to heats based on the times supplied on the entries or updates at scratch and add.
6. Medals will be given for the first 6 places in all running and field events, with the exception of the throwers relay. Championship and runner-up trophies will be given in boy and girls divisions.
7. Field events will start at 10:00 am and running events will begin at 12:30 pm. Events will run ahead of schedule whenever possible.
8. **Keep tents out of concessions area.**
9. If you have questions, contact Travis Steinhoff 402-219-29686- [travis.steinhoff@schuylercommunityschools.org](mailto:travis.steinhoff@schuylercommunityschools.org)



## FRED ARNOLD SCHEDULE OF EVENTS



### **FIELD EVENTS: START AT 10:00 AM**

BOYS HIGH JUMP	followed by GIRLS HIGH JUMP
BOYS TRIPLE JUMP	followed by GIRLS TRIPLE JUMP(east/west pit)
GIRLS LONG JUMP	followed by BOYS LONG JUMP(north/south pit)
GIRLS SHOT PUT	followed by BOYS SHOT PUT
BOYS DISCUS	followed by GIRLS DISCUS
GIRLS POLE VAULT	followed by BOYS POLE VAULT

### **RUNNING EVENTS-START AT 12:30\* (First call at 12:15) GIRLS Then BOYS**

3200 RELAY	FINALS
100 M HURDLES	PRELIMS
110 M HIGH HURDLES	PRELIMS
100 M DASH	PRELIMS
400 M DASH	FINALS
3200 M RUN	FINALS
200 M DASH	PRELIMS

### **FINAL EVENTS**

100 M HURDLES  
110 M H. HURDLES  
100 M DASH  
800 M RUN  
300 M HURDLES  
200 M DASH  
1600 M RUN  
400 M RELAY  
Throwers 400M RELAY  
1600 M RELAY

### **GIRLS Then BOYS**

non scoring

**\*Events will be a rolling start. There will be a break before the Finals start.**