

MID-STATE CONFERENCE JR HIGH TRACK INVITE
April 20, 2024

To: Track Coaches and AD's
From: Jeff Bellar, Athletic Director 402-841-9919.

Location and Time: Norfolk Catholic Athletic Complex
Saturday, April 20, 2024
Field Events start @ 10:00 am; Running Events start @ 1:00 pm

Entry Forms: Completed online by Wednesday, April 17 by 12:00 pm
(www.athletic.net) Questions Renee Gilsdorf 402-920-0766

Track Facilities: Southwest of the High School
Use only 1/8" spikes on track and all runways.

Field Events: Shot Put: 7th and 8th grade boys and girls will use 4k shot, we
Will use 2 locations.
Discus: We will use 2 locations
High Jump: 1 location at north end of the track.
Long & Triple Jump: Runways are located west of the track.
Pole Vault: East side of the track.

All field events except High Jump and Pole Vault will consist of 4 attempts no
finals.

All Running events will be conducted as finals. We will use electronic timing.

Concessions/Restrooms: Are available at track site.

Camps: No camps on the inside of the track. Camps can be set up west of
The camp.

Meet Starter: Jeff Bellar

Scoring: Scoring of events 10-8-6-4-2-1

Awards: A Championship and Runner-Up trophy will be awarded to the
Top tow teams in each division. Ribbons will be awarded to
Individuals who place 1 – 6.

Schedule of Events

Scratch and add: From 9:30 am to 10:00 am In the press box for running events.

Field Events: 10:00 am Start – Please scratch and add at event site.

Boys Long Jump followed by Triple Jump on West Runway. 7th Grade then 8th Grade

Girls Long Jump followed by Triple Jump on East Runway. 7th Grade then 8th Grade

Girls Pole Vault followed by Boys Pole Vault 7th Grade then 8th Grade

Boys High Jump followed by Girls High Jump. 7th Grade then 8th Grade

Shot Put: 7th Girls followed by 7th Boys South Ring

Shot Put: 8th Girls followed by 8th Boys North Ring

Discus : 7th Boys followed by 7th Girls SW Ring

Discus: 8th Boys followed by 8th Girls NE Ring

Running Events: Start at 1:00 pm. Girls 7, Girls 8, boys 7, boys 8

100 Low Hurdles – Girls (30" Height. finals

100 Hurdles – Boys (7th grade boys 33" 8th grade boys 33" finals

100 Dash

1600 Run

400 Relay

400 Dash

200 Hurdles. (Girls 30" & Boys 33")

800 Run

200 Dash

1600 Meter Relay

TIMERS AND PICKERS

Electronic Timing

FIELD EVENTS

Long Jump Boys Boone Central

Long Jump Girls Norfolk Catholic

Triple Jump Boys Battle Creek

Triple Jump Girls Crofton

Pole Vault B & G Norfolk Catholic

High Jump B & G Hartington CC

Shot Put Boys Pierce

Shot Put Girls Wayne

Discus Boys O'Neill

Discus Girls. GACC

Norfolk Catholic will try to find as many workers as we can to run these events. Teams will be informed at the scratch/add meeting if their help will be needed. Thanks

Schools: Battle Creek, Boone Central. Crofton, Guardian Angels Central Catholic, Hartington Cedar Catholic, Norfolk Catholic, O'Neill Pierce, Wayne

Coaches Meeting: There will be a coaches meeting at 9:15 in front of press box To go over meet organization and assignments. One coach From each school should be present.

Parking: Please park all school vans and busses on the east side of the track Along 23rd street facing south. Spectator parking is available south Of the High School and South of St. Mary's church.

Divisions: We will have 4 divisions. 7th grade boys and girls, 8th grade boys and Girls.

Entries: Send entries on-line. Complete by Wednesday, April 17 by 12:00 pm (www.athletic.net) Mid-States Jr High Conference Meet. Each athlete may participate in no more than 4 events.

Starter:	Jeff Bellar
Clerk of the Start:	Travis Fisher/Mike Bivens
Announcer:	Don Kellogg
Awards:	Pam Wolf
Computer:	Renee Gilsdorf/Pam Wieser
Score Keeper	
Runners:	NC Students