

2022 ECNC INVITATIONAL TRACK MEET
Saturday, April 30, 2022
Olson Sports Complex, Palmyra, NE

Participants cannot be entered in more than four events. Each school can enter only three people in each event excluding relays (1 team per school). If a contestant is scheduled in a running event and field events at the same time, the running event will take precedence over the field event. Please remind your athletes that they exhibit good sportsmanship. Please be sure all athletes are properly equipped in regard to uniform as stressed by the NSAA.

SCHOOLS: Auburn, Elmwood Murdock, Falls City, Freeman, JCC, Malcolm, Mead, Palmyra, Weeping Water

ENTRY DEADLINE: All entry forms are **due by 9 a.m. Friday April 29th, 2022**. New for 2022!! Entries will be entered through the Bound Website. If you have already have an account, log in at <https://lets.gobound.com/> and go to meet entries to enter your athletes. If you have not registered, please contact brian@blacksquirreltiming.com to get signed up. Attached are further instructions on creating your roster and signing up for the meet. There will be no meet website link. Please email Andrew Conn with any entry questions at conn.and@districtor1.net.

COACHES INFORMATIONAL MEETING: 9:00 a.m. in **Team Room B** (*East side of the press box, lower level*). Coaches will scratch and add on the sheets in the meeting. Please be on time so we can get started promptly at 10 a.m. We will be using a rolling time schedule.

JURY OF APPEALS: TBA

SCORING: 10 – 8 – 6 – 4 – 2 – 1 We will score separately for boys and girls.

AWARDS: First and second place trophy for each division of boys and girls.

OPENING HEIGHT: Will be determined by entries. Subject to change.

SPIKES: Only 1/8" spikes may be used on the track and runways. ***PLEASE, NO SPIKES ON THE FOOTBALL FIELD – athletes may use the football field to warm up, but that needs to be done in tennis shoes.***

SHOT, DISCUS, LONG JUMP, & TRIPLE JUMP: 3 preliminaries, 3 finals. Schools may use their own implements, but they are to be available for any competitor. (They must be left in a circle near the event for the entire event). No scratch marks are to be made on the track or runways. Spots or chalk marks must be removed following the athletes performance in the event. No tape is to be used on the runways or track. Shot and Discus platforms are concrete. All starting blocks will be furnished.

DRESSING AND LOCKER ROOMS: Dressing and locker room facilities will not be available. Please come dressed. Students will not be allowed in the school facility. Restrooms are available in the press box at the track facility.

CONCESSION STAND: The concession stand will be open on the west side of the press box. There will be a meal provided for all workers and coaches during the break. The location will be in **Team Room A** (North side of the press box).

CAMP AREAS: All camp areas will be in the shot put lot – outside of the fence, west of the runways, on the west side of the walking path. We ask that coaches check their areas at the conclusion of the meet. NO grills will be allowed

HIP #: Athletes will get hip #'s in **Team Room B** (*East side of the press box, lower level*)

DRUG AND ALCOHOL FREE ZONE: Remind your patrons that there will be no smoking allowed within the track facility or on school grounds.

QUESTIONS: Contact Aaron Hoeft Activities Director, 402-780-5327 (School); 402-416-3986 (Cell)

SCHEDULE OF EVENTS

ECNC INVITATIONAL TRACK MEET

Saturday, April 30, 2022

9:00 A.M. Scratch/Add Meeting: **Team Room B**

FIELD EVENT SCHEDULE

10:00 A.M.	Shot:	Girls first, followed by Boys
	Discus:	Boys first, followed by Girls
	High Jump:	Boys followed by Girls
	Pole Vault:	Girls followed by Boys
	Triple Jump then Long Jump:	Boys – west pit
	Long Jump then Triple Jump:	Girls – east pit

RUNNING EVENT SCHEDULE

12:30 P.M.	3200 Meter Relay	Girls	Finals
	3200 Meter Relay	Boys	Finals
	100 Meter Intermediate Hurdles (33")	Girls	Preliminary
	110 Meter High Hurdles (39")	Boys	Preliminary
	100 Meter Dash	Girls	Preliminary
	100 Meter Dash	Boys	Preliminary
	400 Meter Dash	Girls	Finals
	400 Meter Dash	Boys	Finals
	3200 Meter Run	Girls	Finals
	3200 Meter Run	Boys	Finals
	200 Meter Dash	Girls	Preliminary
	200 Meter Dash	Boys	Preliminary
	BREAK (time to be announced)		
	100 Meter Intermediate Hurdles	Girls	Finals
	110 Meter High Hurdles	Boys	Finals
	100 Meter Dash	Girls	Finals
	100 Meter Dash	Boys	Finals
	800 Meter Run	Girls	Finals
	800 Meter Run	Boys	Finals
	300 Meter Hurdles (30")	Girls	Finals
	300 Meter Hurdles (36")	Boys	Finals
	200 Meter Dash	Girls	Finals
	200 Meter Dash	Boys	Finals
	1600 Meter Run	Girls	Finals
	1600 Meter Run	Boys	Finals
	400 Meter Relay	Girls	Finals
	400 Meter Relay	Boys	Finals
	1600 Meter Relay	Girls	Finals
	1600 Meter Relay	Boys	Finals

Please no additions the day of the meet – only scratches and replacements.

Medals, trophies and results will be available as soon as possible after the last event.

WORK ASSIGNMENTS
ECNC INVITATIONAL TRACK MEET
Saturday, April 30, 2022

MEET DIRECTOR:	Aaron Hoeft	CLERK OF START:	Clint Kimbrough
CLERK OF FINISH:	Palmyra	STARTER:	Steve Borer
REFEREE:	TBA	ANNOUNCER:	Darin Corder
HIP #:	Palmyra	AWARDS:	Palmyra
RESULTS:	Palmyra/ Veik/Sweet	FAT SYSTEM:	Palmyra/Veik/Sweet

HURDLES	Flight 1 – Auburn	Flight 6 – Freeman
FLIGHT	Flight 2 – JCC	Flight 7 – Mead
SETTERS:	Flight 3 – Malcolm	Flight 8 – Weeping Water
	Flight 4 – Falls City	Flight 9 – Palmyra
	Flight 5 – Elmwood Murdock	Flight 10 – Palmyra

BLOCKS: Palmyra/Starter

Below are the events you are requested to manage. Thanks to everyone for running the assigned field events below. Please bring Tape measures/stabbers you may need to run your event.

SHOT PUT: Boys – Falls City
Girls – Palmyra

DISCUS: Boys – Auburn
Girls – Auburn

POLE VAULT: Boys – Malcolm
Girls – Malcolm

HIGH JUMP: Boys – Weeping water
Girls – Freeman

LONG JUMP: Boys – JCC
Girls – Palmyra

TRIPLE JUMP: Boys –Elmwood Murdock
Girls – Mead

400 EXCHANGES: #1 Falls City/EM, #2 Mead/Freeman, #3 JCC/Auburn
Pick up exchange zone flags at start/finish line stand

PICKERS/TIMERS: Not needed due to the use of the FAT timing system.
(In the event that the system should malfunction, we reserve the right to call schools into service at the finish line.)