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## 20th Annual Norfolk Catholic Track Invitational

### Track and Field Meet

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- Meet Date:** Thursday-May 6th, 2021 - 1:00 pm
- Entry Fee:** \$180.00/School--\$90 Boys and \$90 Girls--Send with entry.
- Admissions:** Adults-\$6, Children \$4
- Entry Forms:** This meet will be using an online entry form. Please go to <http://www.lewistonsports.com/track> If you have not used Lewiston before please have your coaches email me and I will send them their passcodes.  
Please have the entries completed by 7:00 p.m. Wednesday evening, May 5th. (use electronic times)  
Phone: (402) 371-2784. Please do not fax entries.
- Please E-Mail Scratch-Adds by 10:00 a.m. on May 6th** [reneegilsdorf@sacredheartgs.org](mailto:reneegilsdorf@sacredheartgs.org)
- Track Facilities:** Southwest of the high school  
Use only 1/8" spikes or soft-soled shoes on track and all runways.  
Runways and High Jump are rubberized
- Field Events:** Shot Put: Cement pads located Southwest of track.  
Discus: locations on west field.  
Pole vault: Located on track infield.  
High Jump: 1 location at north end of track.  
Long jump & Triple jump: Runways are located west of track  
Please have run-throughs completed before competition.
- Restrooms:** Men and Women's restrooms are available at track
- Camps:** **No camps on the inside of the track.** Camps can be set up west of the track.
- Starter:** Jeff Bellar
- Scoring:** 10-8-6-4-2-1
- Awards:** First Place and Runner-up trophies.  
Scoring events and relays: Medals 1st - 6th place individual
- Parking:** Please park all school vans and busses on 24<sup>th</sup> Street (East Side of the track, facing South). There will be someone there to greet you.  
Spectator parking is available south of the high school and south of the Sacred Heart Elementary. **Vehicles parked on 25th street will be towed by City of Norfolk, at owner's expense.**
- Teams:** Hartington-Newcastle, Norfolk Catholic, O'Neill, Pierce, Stanton, Wakefield, Wisner-Pilger

# Norfolk Catholic Invitational

## Schedule of Events

### **FIELD EVENTS:** 1:00 pm Start.

Shot Put: Girls followed by Boys

Discus: Boys followed by Girls

High Jump: Boys followed by Girls

Long Jump: Boys Long Jump followed by Boys Triple Jump

Long Jump: Girls Long Jump followed by Girls Triple Jump

Pole Vault: Girls followed by boys

Top eight advance to finals, which immediately follow prelims

### **RUNNING EVENTS:** Appx. 3:30 pm Start Time

Order of Competition: Girls followed by boys

3200 Relay--finals

Hurdle--Prelims Girls 100 followed by Boy 110 Highs

100 meter dash--prelims

400 meter dash--finals

3200 meter run--finals

200 meter dash--prelims

Heat winners and next fastest times advance to finals

### **FINALS: Start: Following track Prelims**

Order of Competition: Girls followed by boys

100 Hurdles

110 High Hurdles

100 meter dash

800 meter run

300 low/int Hurdles

200 meter dash

1600 meter run

400 meter Relay

1600 meter Relay

Athletes using spikes longer than 1/8" in running or jumping events will be disqualified from the meet.

**TIMERS AND PICKERS:** NC will try to find workers for all events so coaches are allowed to coach. However we would encourage during finals for your school to send a person to the finish line to help with any questions that may arise in picking. The races will also be filmed.

1. Norfolk Catholic
2. Hartington-Newcastle
3. O'Neill
4. Pierce
5. Stanton
6. Wakefield
7. Wisner-Pilger
8. Norfolk Catholic

**Field Events: Norfolk Catholic supporting Staff**