



Chieftain Track and Field Invitational March 28, 2013



Teams Invited:	Bellevue West Millard South Omaha Central Boys Town (B)	Omaha Marian (G) Papillion-La Vista Elkhorn Omaha Benson	Bellevue East Plattsmouth Elkhorn South
Meet Information:	Team packets may be picked up at the Start/Finish Line upon arrival.		
Entry Deadline:	All entries must be declared by March 27 th . We will only be accepting scratches the day of the meet. NO EXCEPTIONS!!! There will be a coaches meeting at 2:30 by the Start/Finish Line for scratches.		
Tape:	Schools may use tape on the track.		
Awards:	Team plaques will be presented to the meet champion and runner up. Individual medals will be awarded to the top six in each event, including relays.		
Field Events:	All field events are four attempts and no finals. POLE VAULT WILL BE HELD AT BELLEVUE WEST starting at 3:00pm. SCHOOLS WILL BE RESPONSIBLE FOR TRANSPORTING THEIR ATHLETES BETWEEN EAST & WEST.		
Scoring:	10-8-6-5-4-3-2-1. The Invite will be scored to 8 places in all events that warrant eight places to be scored. Only 6 medals will be awarded.		
Equipment:	Shot and Discus will be provided.		
Locker Facilities:	Please dress at home.		
Eligibility:	NSAA rules govern competition.		
Spike Limitations:	Only 1/8 inch spikes shall be worn for track events.		
Starting Heights	High Jump (boys) 5-04 Pole Vault (boys) 8-00	High Jump (girls) 4-06 Pole Vault (girls) 6-00	



Chieftain Track and Field Invitational Schedule of Events



3:00 p.m. Girls' Pole Vault (Boys' to follow) @ BELLEVUE WEST

**** Efforts will be made to accommodate athletes competing in vault and running events.**

3:30 p.m. Boys' Shot Put (Girls' to follow)
Girls' Discus (Boys' to follow)
Boys' Triple Jump (Girls' to follow)
Girls' Long Jump (Boys' to follow)
Girls' High Jump (Boys' to follow)

***Running events begin at 4:00 with girls followed by boys
All running events are finals vs. time***

4:00 4 x 800 Meter Relay
100 Meter/110 Meter High Hurdles
100 Meter Dash
800 Medley Relay (100/100/200/400)
400 Meter Dash
1600 Meter Run
4 x 100 Meter Relay
300 Meter Low/Intermediate Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
Weight Person Relay
4 x 400 Meter Relay

Please note: We will use a ROLLING schedule with no break.

**** Normal exchange zones will be used for the relays. The sprint medley relay will start like the 4x100 Relay and use the yellow to yellow zones on the first two exchanges and then use the same exchange zone as the 4x400 on the 3rd exchange where runners can cut as soon as they have room.**

**** The weight person relay will be a non-scored event. There will not be an on-line entry for this event, but will be filed at the 2:30pm Coaches Meeting. NO MEDALS WILL BE AWARDED FOR THIS EVENT.**

**** At approximately 3:15pm there will be unscored relays for the 4 x 800 & 4 x 100 that coaches are welcome to enter teams for if they choose to do so. A 4 x 400 relay for JV kids will be held prior to the varsity relays. The relay teams can be comprised of JV athletes or athletes at the meet that coaches feel could use additional work. These relays are open to both boys and girls teams. IT IS COMPLETELY UP TO THE COACH TO ENTER A TEAM AND THE RELAYS DO NOT COUNT TOWARDS TEAM SCORES. Teams can be entered at the 2:30pm Coaches' meeting. These races will be hand timed by coaches and meet workers.**

**** The entry time frame for the Chieftain Invite on <http://www.directathletics.com/> is MARCH 14th to MARCH 27th.**