

OGALLALA HIGH SCHOOL

602 East G Street
Ogallala, NE 69153
(308) 284-4029



B-6 DISTRICT GIRLS AND BOYS TRACK AND FIELD MEET THURSDAY MAY 13, 2021

SITE	Ogallala High School Track, East 6 th and D Streets
SCHOOLS	Alliance, Chadron, Cozad, Gering, Gothenburg, McCook, Mitchell, Ogallala, Scottsbluff, Sidney
Entry Fee	All checks should be made out to Ogallala High School. The amount of the entry fee is \$25 per team. (\$50 for girls and boys)
TIMES (All Mountain)	9:00 am – Scratch and Adds should be finished on Athletic.net 9:45 am – Coaches Meeting Green Shed 10:30 am – Field Events 1:00 pm – Running Events
TRACK	Polyurethane 8 lane, 400-meter track and runways 1/8" spikes or less must be worn
FAT:	All races will be FAT. (Jayson Bishop)
FINALS	Qualifying from Prelims to Finals: CLASS B (Fully Automatic Timing) <ul style="list-style-type: none">• When running two heats, the first and second place runners and the next four fastest times will qualify for the finals.• When running three heats, the first place runner and the next five fastest times will qualify for the finals.• When running four heats, the first place runner and the next four fastest times will qualify for the finals.
FIELD EVENTS:	In these events, competitors will be flighted according to season performances: Shot, Discus, and Long/Triple Jump) best performers will go in last flight. High Jump & Pole Vault the competitors will be listed worst to best. Starting heights will be determined by the district entries.
IMPLEMENT CHECK-IN	We will weigh and certify implements prior to the start of the shot and discus competition. A meet official will be available to certify implements from 9:00 am to 10:00 am Mountain Time. This will occur on the west side of the high school next to the shot put ring. All approved implements will be pooled.
REGULATIONS	NSAA regulations will be followed The maximum number of events an athlete may enter is four
JURY OF APPEALS	A Jury of Appeals will serve in an advisory capacity The referee may wish to consult with the Jury of Appeals
RESULTS	Coaches may pick up team packets at the conclusion of the meet.

SCORING 10-8-6-4-2-1 with ties decided according to the rulebook

DRESSING FACILITIES Dressing facilities are provided in the high school gym
It is recommended that you dress at home if possible

ADMISSION \$5.00 Adults
\$4.00 Students

CHANGE of ENTRY An individual shall be disqualified from further competition during the district meet if the athlete is scratched from an individual track or field event after the official scratch and add deadline meeting. Athletes not included on the roster submitted on the NSAA website can't be added on the day of the meet.

Dismissal from Competition

Each contestant must officially become a competitor (See Rule 4, Section 1-Art 1&2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may "dismiss" the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk/judge will result in disqualification from further participation in the meet. NOTE: Regarding Rule 4, Section 2, Art-2 "Dismissal from an event does not alter the entry limitations for the competitor.

MISCELLANEOUS

Track Events will take precedence over Field Events
Athletes should stay in their lanes until dismissed by the Officials
Athletes must report to all events on time

Marks may be placed on the Track for relay purposes
Flat disks may be used for marking purposes
These markings should be removed when the relay is completed
Tape may be used on the High Jump aprons
Please do not use chalk for marking purposes

Coaches and Non Participants

All non-coaches and non-participants must stay in the stands. Only participants in full track gear will be allowed on the field. Coaches with wristbands will be permitted on the infield.

DO NOT JUMP OVER THE FENCE

COACHES WILL BE PERMITTED INSIDE THE FENCED AREA – PLEASE STAY AWAY FROM THE FINISH LINE AND DO NOT INHIBIT THE WORKERS IN THEIR RUNNING OF THE FIELD EVENTS.

All camps must be on the North side outside of the Track (Limited amount of Space)**

All spectators must be in the stands they will not be allowed inside the track area. (ONCE THE FIELD EVENTS ARE COMPLETED)

Athletes & Coaches please enter and exit by the Northeast or Northwest gate only

Team bus parking is allowed on the North side of 6th Street next to the Track
There will be a morning Hospitality area provided for Coaches, Administration and Meet Workers

DIRECT QUESTIONS TO:

Scott Rezac, Activities Director
Ogallala High School
602 East G Street Ogallala, NE 69153
Fax: 308-284-3869
Ph: 308-284-4029
scottrezac@opsd.org

ENTRIES:

You are NOT required to submit district entries to the NSAA if your district host has requested you to submit your entries via a specific online source. (Ogallala's online source will be athletic.net. All schools are expected to follow the instructions and deadlines as prescribed by your district host.

Refer to the Track and Field Manual for information regarding the submission of District Entries.

Before submitting entries to the district host, be sure your Track Eligibility List is updated and correct. Any athlete entered on a district entry from must be checked as eligible and out for track on your school eligibility list.

Entries are to be done on athletic.net Friday May 7th.

All entries can be changed until Wednesday May 12th at 10:00 a.m. mountain time.

We will make a back up copy at this point in case the website goes down.

You can still make changes until 9:00 a.m. mountain time on Thursday May 13th.

Changes must be done on athletic.net

We will have computers available if you can't get the scratches and adds made on your way to the meet with your smart phones or other devices

There will not be a traditional scratch and add meeting.

You should be able to see all the entries on athletic.net.

(Go to manage the meet. Then print meet entries by event.)

There will be a coaches meeting at 9:45 to go over things for the meet and pass out wristbands for coaches.

On athletic.net the setting has been enabled to put all hand held times in with a .24 second adjustment. It should make it fair when determining lanes for races. If your best time is F.A.T. then you must place a small (a) behind the time. (Example 45.32a) This will record it as fully automatic timed. If you have a hand held time, put it as 45.3 and .24 will be added to the time so that it is converted to F.A.T. timing.

When everything is seeded and heated we will place the heat sheets on a board outside of the green maintenance building for everyone to view.

If the Internet is working properly we should also have live results for the meet. We will have the website when you arrive.

B-6 DISTRICT TRACK AND FIELD MEET
Ogallala High School
May 13, 2021

ALL TIMES ARE MOUNTAIN DAYLIGHT TIMES

9:45 am COACHES MEETING (Green Shed)

10:30 am FIELD EVENTS

Top Throws-Jumps Last in Field Events

Boys Discus followed by Girls Discus

Girls Shot Put followed by Boys Shot Put

Girls Pole Vault followed by Boys Pole Vault

Boys and Girls Long Jump followed by Triple Jump

Boys High Jump followed by Girls High Jump

WITH TWO HOURS and 30 MINUTES PRIOR TO RUNNING EVENTS WE SHOULD BE ABLE TO COMPLETE A MAJOR PORTION OF THE FIELD EVENTS

1:00pm TRACK EVENTS—GIRLS FOLLOWED BY BOYS
Fast Heats last in Final Events. We will follow the time schedule.

1:00 3200 Meter Relay Finals

1:30 100-110 Meter High Hurdle Prelims

2:00 100 Meter Dash Prelims

2:20 400 Meter Dash Finals

2:50 3200 Meter Run Finals

3:20 200 Meter Dash Prelims

BREAK

4:15 100-110 Meter Hurdle Finals

4:30 100 Meter Dash Finals

4:40 800 Meter Run Finals

5:05 300 Meter Hurdles Finals

5:25 200 Meter Dash Finals

5:40 1600 Meter Run Finals

6:10 400 Meter Relay Finals

6:30 1600 Meter Relay Finals